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Issue 81

on the cover

This issue we feature on the cover:
Katie Stevens
Cover photo by Dallas Olsen
Hair and Make up by Lisa Lee
Cover design by Leo Costa Leite

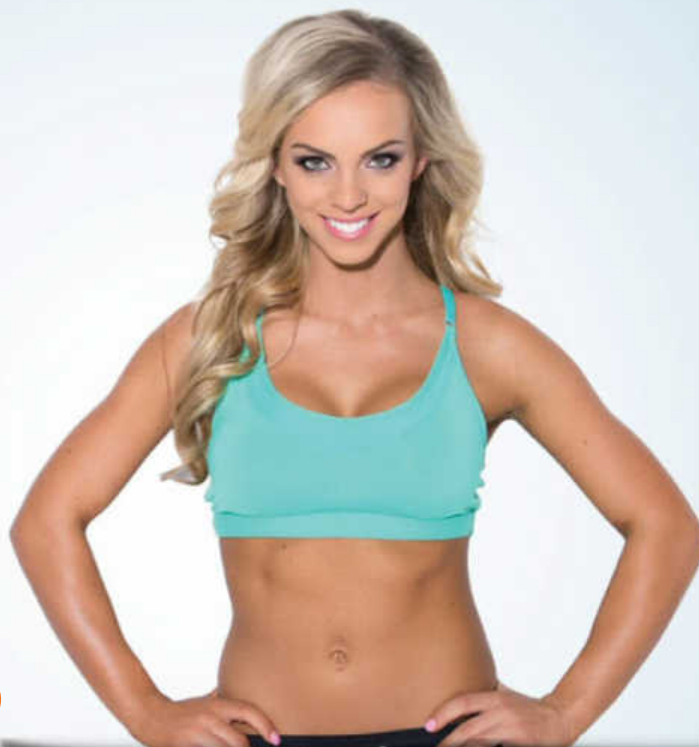


PHOTO CREDIT DALLAS OLSEN

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**Your
SUMMER GLOW
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Kick it

or pick it

Never fear that summer is here!

WITH THE WARMER WEATHER APPROACHING, THE THOUGHT OF GETTING "SUMMER BODY READY" QUICKLY, CAN BE QUITE SCARY!



JUST LOOKING AT THAT BIKINI IN YOUR DRAWER CAN START TO RAISE ISSUES OF INSECURITY, LOW CONFIDENCE AND PANIC! HOWEVER MAYBE IT'S NOT THE BIKINI AT ALL, MAYBE IT'S ACTUALLY THE WAY YOU VIEW YOURSELF AND YOUR SELF-WORTH THAT IS THE REAL ISSUE.

It's an awful thing to feel judged for your body, but what's even worse is when you're the one doing the judging. You may be putting the pressure on yourself, fearful of what others think, when in actual fact no one else is thinking twice about you being in a bikini or they think you look great... which you probably do!

Low body confidence can stop you in your

tracks! We've all felt it before, as the weather gets warmer we start to wear less clothing but feel like we want to cover up more. However to look great in your bikini this summer, the first thing you need to give up isn't chocolate, it's your self-judgment!

The way you feel about yourself is what will determine how good you look in your bikini this summer. So how can you feel great and in turn look great this summer? I've got some great advice that even I needed to follow in the beginning!

It all starts with you looking in the mirror... being kind to the person that is looking back at you and telling yourself that you genuinely love who she is and how she looks. Embrace the skin you're in and you might just find

that you start to approach things in a whole new way. I know I certainly have.

It doesn't matter whether you want to tone up a little, build some more muscle or lose some body fat for the summer, if you start loving yourself you'll find yourself making decisions that nourish and cherish your body, in turn helping you to feel better about yourself.

Likewise, eating plenty of in-season fruits and tonnes of veggies, drinking loads of water and being active often will help remind you to celebrate yourself for who you are. Find exercises you love to do and vary up your routine so you don't get bored. Get out into the sunshine and fresh air with your

family and friends, socialise, laugh and love life.

Summer is a wonderful time of year to celebrate how hard you've worked through the year and to be proud of your body. Just think of everything your body did this year – regular workouts, maybe a marathon or perhaps even a bikini competition. Your body is amazing after all!

Don't be afraid to wear that bikini or be the person that stops you from loving every bikini moment this summer. Let go of the self-judgement and you'll glow with confidence.

It's time to get that bikini out of the drawer Oxygirls, put it on and rock it!.

Lindy ft

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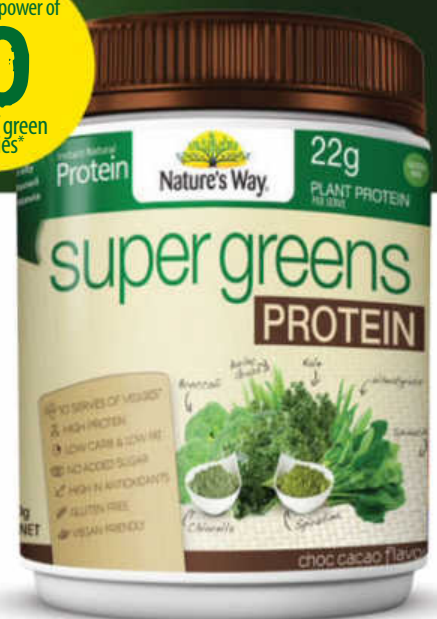


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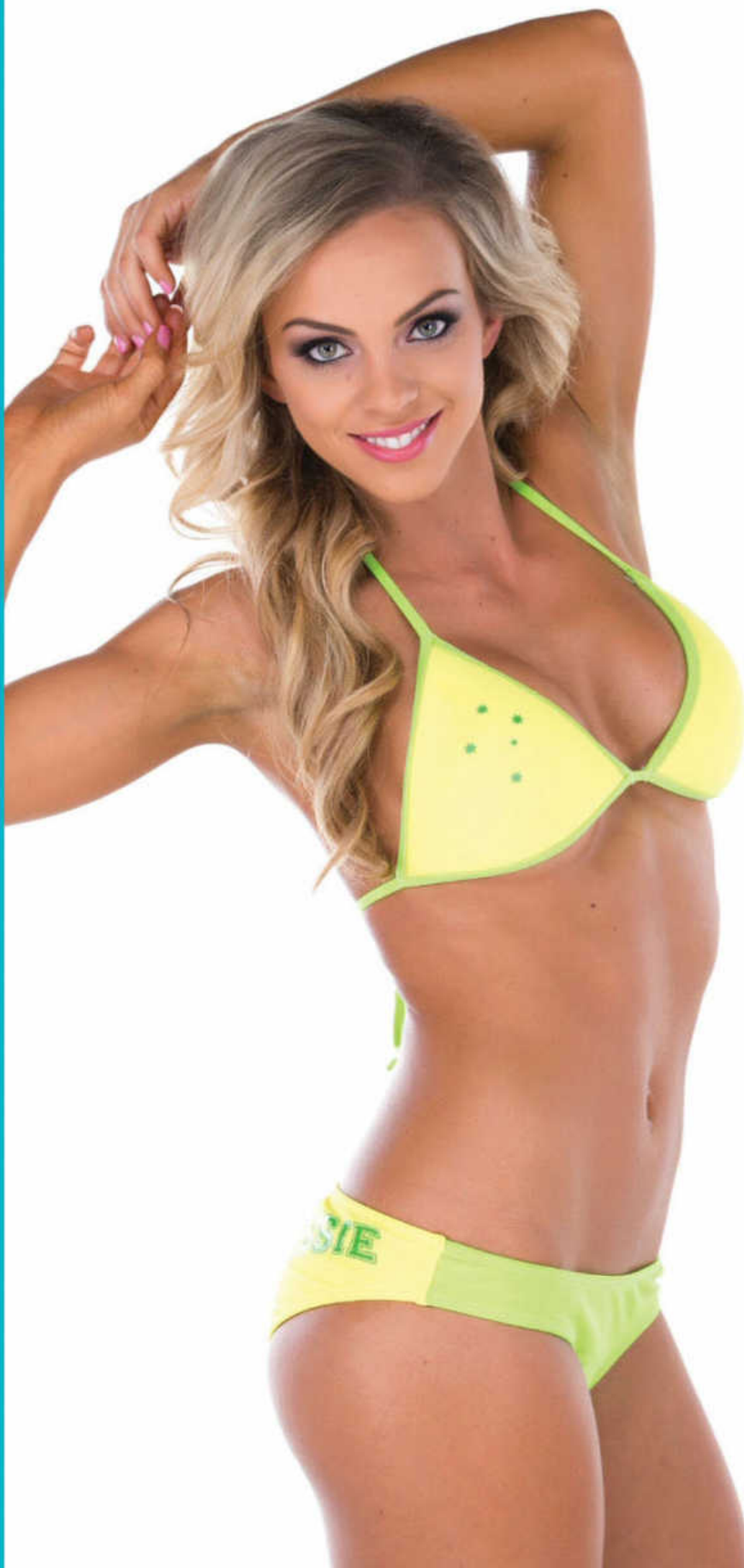


PHOTO CREDIT: DALLAS OLSEN

PANEL OF EXPERTS



Lindy Olsen

With a cert IV in personal training, ISSN Sports Nutrition, level 1 and 2 boxing, Lindy is a 5x natural world figure athlete, fitness ambassador, motivational and lifestyle coach. Lindy loves to share her enthusiasm, experience and passion for health and fitness with others.



Greg Dolman

As a bodytune specialist and executive master trainer, Greg holds certificates III and IV in fitness and an AIF business diploma. He is a Punchfit accredited boxing and kickboxing Padmaster Instructor and Australian Natural Bodybuilding of Victoria judge and workshop presenter.



Geoff Edwards

Geoff is an internationally accredited life coach with more than 25 years of coaching experience. He has impacted over 20,000 individuals and clients worldwide through his coaching work and publications.



Belinda Potter

Belinda holds a Bachelor of Education and Masters in Adult Education and is a cert IV-qualified personal trainer, Level 1 Precision Nutrition coach and ITN Transformational Nutrition coach. She coaches bikini and figure competitors and has won numerous state and national titles in the ANB, NABBA and IFBB.



Amelia Ricci

Amelia is a personal trainer, Pilates instructor and yoga teacher with 20 years experience. She is a qualified personal trainer and group fitness instructor and holds a Bachelor and Master of Business. Amelia is a 2x fitness model champion and mentor to some of Australia's successful fitness and bikini models.

COVER GIRLS/ AMBASSADORS



Skye Cushway

Specialising in body transformations and empowering women to love themselves, Skye is a fitness model, ISSN sports nutrition coach, yoga instructor, 2x Oxygen cover girl and natural figure competitor. She's extremely passionate about helping women to reach their full potential.



Justine Switalla

As a Les Mills presenter, writer, author, model, body transformation specialist, public speaker, presenter and ambassador for Oxygen and Body Science, Justine is passionate and determined to motivate, educate and inspire women to be the best they can be!



Lesley Maxwell

Flirtatious and fun-loving, Lesley redefines what it means to be over 50 and fabulous. She is a personal trainer, figure competitor, Oxygen ambassador and regular contributor and author of *Get The Body You Want* (2012).



Penny Lomas

Penny is a personal trainer and level 2 Biosignature Modulation Practitioner. She specialises in hormone coaching, conditioning, holistic lifestyle coaching and body transformation. Penny is also a health and fitness magazine columnist and 3x Oxygen cover girl.



Sharna Bender

Sharna is an INBA Pro Fitness Model, Natural Olympia gold medallist and Oxygen ambassador. She is passionate about helping others achieve their goals and aspirations and believes a positive mindset and consistency are the foundations for a happy and healthy lifestyle.

SPECIAL GUESTS



Taryn Polovin

Taryn has a degree in exercise science with postgraduate studies in sports nutrition as well as a full studio Pilates certification. She is an international instructor and regularly presents at both Pilates and fitness conferences. Taryn hosted and was the creative director of the international fitness show *Aerobics Oz Style* and has been involved in the health and fitness industry for over 15 years.



Emma Williams

Emma is an Accredited Practising Dietitian who is passionate about encouraging freedom from diets through the power of real food. Emma teaches people how to eat real, healthy foods in a way that is scientifically proven to prevent disease and maximise health and wellbeing. By recognising that every client is different, she tailors strategies to individuals in order to maximise success. Emma shows that it is possible to make healthy choices anywhere and anytime without feeling like you are missing out.



Jurie Rossouw

Jurie is an expert on resilience and takes a unique approach to healthy living by focusing on building mental fitness through personal resilience, brain health and evidence-based nutrition. Through his book *Think Lean Method*, he helps people make lasting lifestyle changes to enhance their mind and body health, to support success in all areas of their lives.

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WE HEAR YOU >>

I want to say a big thank you *Oxygen*. You have a great way of making me feel part of your team. Sharna Bender's article Letting Go of Limits in the *Oxygen* January 2015 issue was one I could really relate to this, as I did let go of my own limits. I love the way you challenge us to be happy and healthy at any age.

I'm now 52 and when I saw Lesley Maxwell at 53 on the cover of *Oxygen*, I thought 'if she can look so good at her age, maybe I could too. So I gave it a go and it worked.

I have enjoyed fitness and loved running for 25yrs. I have also had an interest in nutrition and healthy eating, but menopause hit and those stubborn kilos would not stay off even though I was doing what I had always done.

I began reading all the *Oxygen* magazines I could to get exercise ideas, clean eating tips and recipes and to stay inspired, cause I had to do it all on my own.

Many times while working out, pushing myself to a new level and doing the tough stuff, I would say 'if it was easy, everyone would do it, but I'm not like everyone.' I have come to realise that you truly have more appreciation for the things you have to work hard for. I have also realised that everyone can do it – it's just a matter of choice and personal willpower.

I put your helpful information into practice along with lots of sweat and hard work. I am now in the best shape I have ever been in. When I took this 'after' photo I looked in the mirror and thought 'I can't believe that I have abdominals that show!'

Thank you to all of you who contribute regularly to *Oxygen* magazine. You are such a help to me when I'm working out at home by myself. Sometimes those around me don't understand why I do what I do and they think I'm a bit crazy, but just knowing you all have such a passion for health and fitness, has helped me to not feel alone.

It also inspired me reading how as qualified PTs you have been able to help others. I decided to stop saying I was 'too old' and I went to TAFE. I have now completed my Fitness Certificate III & IV, Group Fitness Leader and Heart Moves Leader. I intend to put these into practice by helping seniors keep healthy and stronger for longer, and I also wish to make group fitness a lot of fun so exercising becomes something they want to do rather than something they should.



Dear Louise,

Thank you so much for your touching letter! We are so pleased you feel a part of the community because that is our real aim. Lesley, Sharna and all our contributors are amazing people and we're glad you think so too! Congratulations on letting go of your limits and not letting age be a barrier. We wish you nothing but the best with your future endeavours Louise! Keep shining bright and doing what you love – even if others think you're a bit 'crazy' for it!

Oxygen xx

Hi Lindy and the Oxygen team,

Just wanted to say how much I loved the Hot Air article that Lindy wrote in the October 2015 issue. It's so very refreshing to pick up a magazine that writes such beautiful, real articles. In a world that is so focussed on looks

and fake things, your magazine and articles are always real, honest and focus on the more important things in life! It takes true strength and courage to stand out and be different – and you guys do that so well.

Thank you for keeping true health and fitness alive. Love reading your magazine and especially your Hot Air articles Lindy. Keep up the awesome work.

Shannon Condoleon xx



Hi Shannon,

Thank you so much for those lovely words! It's such a pleasure for us to provide a magazine dedicated to the readers that gives them

useful information and always delivers the truth. The whole Oxygen team is 100 per cent dedicated to the readers and we all love

coming to work each day knowing we stand behind a brand that we truly believe in!

Thanks again for writing to us,

Oxygen xx

Hello lovely Oxygen Magazine people,

I understand that a million inspirational girls write to you every month and it is hard to put all those amazing people in your issues. However, I'd really like to tell you about my comp prep coach Andrew and his partner in crime Hannah.

This email really doesn't justify the admiration, thankfulness and appreciation I have for Andrew and Hannah. Yes I worked my butt off, I hit my macros each week and I won last year's Australian INBA Novice Bikini division BUT I would not have been able to do it without the wisdom, knowledge, time and effort Andrew put into me and to my other teammates.

I know that there are amazing coaches out there, who help their clients achieve amazing results, but my Coach, Andrew Deasy, I think is outstanding.

I joined his competition team in July 2014 in the hopes of competing in the Brisbane INBA in September, 2014. When I came to Andrew, I was oblivious to all the facts and details and nutritional requirements that would have to be addressed to step on the stage as a healthy bikini competitor. He advised me to adopt a flexible approach to my diet so I was allowed the foods I craved as long as I catered my meals around that particular meal. He told me train hard, train heavy and taught me various techniques and exercises.

After joining the Granite Conditioning team, I was in absolute awe of the time and dedication he put into his comp team. He even established a Facebook group where all of my team-mates could vent and ask him a million questions and he would ALWAYS answer them that same day. I would receive emails of my progress at 11pm at night too! And when I had doubts in my mind, he would provide logical and well thought out responses that hit the issue right on the head. He provided encouragement to each and every competitor he coached and would hold regular session on his days off.

Moving forward a few weeks to the September INBA, I and five of my other team-mates were ready to rock! We were not starving as our comp prep was sensational and his knowledge and experience of the human anatomy and metabolism were the reason for this. He ensured he was with every competitor as they approached the back of the stage and provided us with constant advice and praise to ensure we were in the right head space. As a result, his team collectively walked off with 12 trophies!

I would also like to mention his right-hand lady Hannah. Hannah coordinates all our hair, tan and makeup appointments with our beauticians and is in constant communication with the organiser of the INBA. They are truly a dynamic duo.

I just really wanted to publicly express the awesomeness of my coach Andrew.

Jessica Dickson



Hi Jessica,

Wow, Andrew and Hannah sound like truly amazing people and we're so glad your paths crossed! To achieve incredible things we really do need an amazing support team and cheer squad whether they are coaches, family, friends or partners. We're so glad you found your cheer squad and have chased your dreams.

Keep up the great work!

Oxygen xx

We see you!



HERE ARE SOME OF OUR FAVOURITE PHOTOS SHARED WITH US ON INSTAGRAM. WE LOVE SEEING OUR FELLOW FITNESS LOVERS STICKING TO THEIR GOALS AND ACHIEVING AMAZING THINGS!



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The Silly Season Doesn't Have To Drive You Nuts

For those who have worked hard all year round, the holiday season **represents a time for relaxation and quality time with family and friends.** However, for the health-conscious **it can be a time of anxiety and pressures.**

Your polite request for “just a sliver” of your aunt’s decadent dessert is overlooked, and no one seems to hear you when you call out “no whipped cream on mine, thanks!” It’s hard to avoid the copious amounts of less-than-nutritious yet delicious options in front of you, while at the same time trying not to offend any of your well-meaning, food-pushing, relatives.

Well, I’m here to tell you that the holiday season doesn’t have to be the same nutritional torture year after year. In fact, this may seem silly but there is a way you can relax and enjoy the holiday as much as your beer-bellied brothers.

Let Go of the Guilt

Stressing yourself out over food during this time isn’t healthy, so try to let go of feeling so guilty and focus on maintaining a positive relationship with food. You can have your cake and eat it too because guess what? One slice of pudding is not going to ruin your figure forever. Not even a day of bad eating will counteract a year’s worth of healthy choices and clean eating.

Stay Hydrated

Drink lots of water during the day to keep your body hydrated, digesting food quickly and not mistaking thirst for hunger. If you have a champagne (or two), enjoy it for what it is! Relax, laugh and remember this break of routine is all the more motivation to continue your good habits once you have your schedule back.

Slow Down

Try little bits of all types of food and avoid loading your plate up. Chew slowly and enjoy the taste of ALL foods. Remember, it takes 20

minutes for the stomach to tell your brain it’s full, so savour your meal and stop when you’re no longer hungry.

Get Active

Break up the day and the constant food grazing with some backyard or beach cricket, or a walk to the local park to play with the kids’ new soccer ball. Plan a fun day with activities to take the focus off food.

Be Prepared

Rather than buying a bucket of cheap chocolate to fill the house with all-day edibles, avoid unnatural sugars. Bake whole-wheat gingerbread biscuits and sugar-free chocolate treats. Oven-roasted nuts, mini fruit skewers or bowls of fresh cherries and fresh strawberries never go uneaten and are way less likely to provoke guilt-stricken thoughts about snacking.

Stay Positive

Make a conscious decision to let go of your negative emotions surrounding food and allow positive thoughts to fill your mind. Appreciate good company and good food as it can create amazing moments to remember forever. This doesn’t mean that good food must be the “dirty” kind but remember if you feel like a little bit here and there, it’s not the end of the world.

Lastly, remember what life is about and enjoy the day for what it is – a time for celebrating love and life together. Merry Christmas and a happy new year to all the Oxygen community!

Train hard, keep fit and love life,

Lindy fit

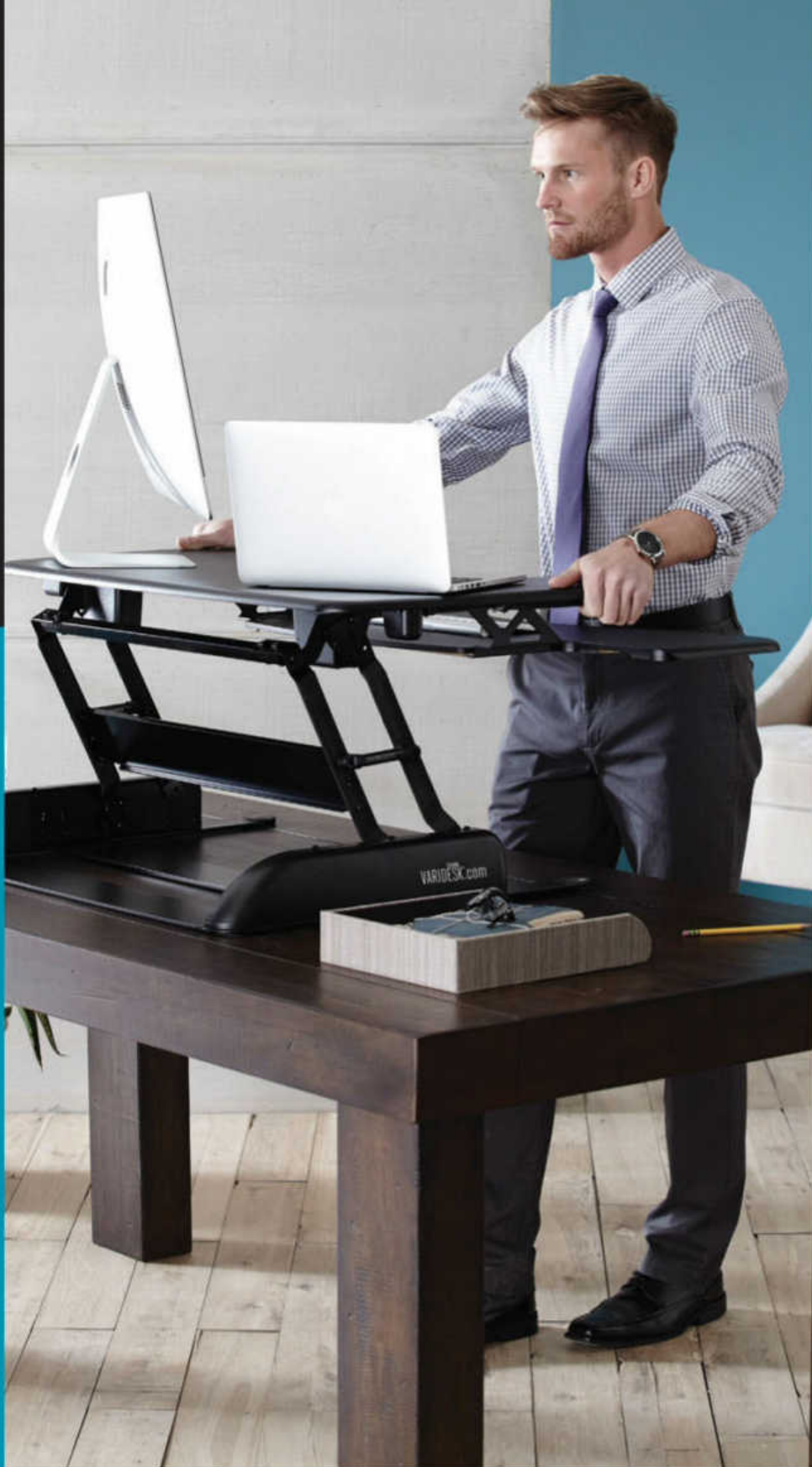


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What are your tips to enjoy the Christmas/New Year period while sticking to your nutrition and training commitments?



LINDY PHOTO CREDIT: ROBERT REIFF | PENNY, JUSTINE PHOTO: DALLS OLSEN



PENNY

I enjoy eating healthy food, but I also think that it's healthy for the mind to have a break and eat something a little naughty frequently. Christmas and New Year is a special time with loved ones, so I don't feel any pressure to stick to my meal plan during these days. This year I am hosting Christmas so I can choose to cook a variety of yummy dishes, whilst still making sure they offer nutrient density and are gluten-free as that makes me feel better. With training, the trick is to keep to your schedule, even if you feel you have over indulged, the movement and activity will make you feel lighter and more energised. On Christmas morning I will do a workout in the park to set me up for a big day of festivities!

JUSTINE

It can be tough to stick to being healthy over the silly season but it's not impossible. Christmas is a time to relax and enjoy time with your friends and family, and I believe that you need to be kind to yourself over this period and not stress about sticking to your nutrition 100 per cent. Let's face it, you can't really lose weight over the Christmas break but you don't have to go backwards either!

Keep your exercise up so you feel good about yourself and aren't going backwards.

Simply focus on maintaining the body you already have. That way, when the silly season is over you don't have to pick up the pieces and start from scratch again!

Choose the days you are going to indulge, don't indulge every day, limit alcohol and stick to the lower-calorie alcohol like vodka soda, and stay hydrated by drinking loads of water. Don't go to a party hungry, make sure you still get your meals in and have protein so you feel fuller for longer. Get your exercise done in the morning so that it's done and you don't have time to make excuses.

LINDY

1. Try to select your own plate and fill it with healthy options wherever possible.
2. Do your best to get a little bit of everything, rather than a whole lot of creamy salads and rich desserts.
3. Eat until you are comfortable rather than eating because you feel obligated.
4. Don't be afraid to say "I'm full" or "NO, I've had enough!" – your tummy (and thighs) will thank you later!
5. Try to get active each day, wherever possible!



SKYE

I recommend that you get your training done first thing in the morning; you don't have to do massive long workouts, commit to 20-30mins, get up and get moving! If you're on holiday, getting out and walking or jogging on the streets or beach is a great way to explore. I find I

see a lot more when I take my cardio to the streets!

If I know I'm going to a dinner or special event, I make sure I keep my nutrition tight for a couple of days before and after so I can enjoy the meal and relax a bit with my nutrition. We are lucky in Australia as our Christmas/New

Year falls around the hottest time of the year, so a lot of our foods are quite light and fresh.

I try to stick with the summer fruits, salads and BBQ.

As I'm getting older, I also find I'm not stuffing myself just because

it's "Christmas" as I don't want to feel awful come Christmas night!

Focus on spending time with your loved ones, enjoy making special memories and have a few treats here and there, just try not to stuff yourself like a turkey! Have fun, love, trust and honour yourself.

**SHARNA**

The festive season in my family and friends group can be pretty intense when it comes to amazing food, which makes it really hard when you want to stick to your nutrition. Although, even with all the temptations around me, when I really want something I always find a way to make it work. The last thing I want to do is sit in the corner and be the person saying "sorry that's not on my plan, I can't have that." So instead, I have two plans in place when a situation like this arises.

My first plan is to make sure my weekly cheat meal falls on Christmas day.

That way I can enjoy the time with my family, eating the same food as them without feeling the guilt of going off track. My second plan is to bake clean treats to bring along, that way it doesn't seem like I'm missing out when it's time for desert.

I have learnt over the last few years that if I tell myself "no you can't have that" or put myself in

a position where it feels like I'm missing out on something, I end up just giving in to temptations. This makes me feel guilty and disappointed in myself. However sometimes the guilt you put on yourself for 'failing' has a worse effect on your body than the meal itself. So my number one tip is to plan the day so you don't feel like you're missing out on anything.

Enjoy time with friends and family and don't let food get in the way of your happiness or your goals!

**LESLEY**

We all love to socialise over the festive season and eating clean doesn't mean compromising when we're catching up with friends and family. It's really quite easy when you think about it.

BBQs can mean delicious meats served with fresh salad, or a more traditional meal of roast turkey and veggies will never go out of style on Christmas day. A dessert of your choice such as Christmas cake or Pavlova won't make a difference to your body – it will probably do you good to 'carb up' a little actually! It's knowing when to stop that matters –

how many days, or weeks for some, you will go before returning to your clean eating and training.

As a fitness professional I've noticed that people who keep the 'holiday season' going for a few months are the ones who do the real damage.

Somehow the interest in training seems to go out the window along with the clean eating plan!

Whether you choose to drink mineral water from a champagne glass instead a glass of champagne, a steak and

salad as opposed to sausages on white bread etc., there's usually a healthy option to choose from. And you know what? Your friends and family still love to socialise with you no matter what's on your plate.

You can also turn your holiday into your own 'health retreat' – take outdoor walks in the fresh air, nourish your body as you may have more time to prepare meals, plus rest and relax to recharge your batteries. The choice is always yours.

Have a wonderful holiday season and enjoy every moment.



By Lara McGlashan, MFA, CPT, Fitness Editor



Oxygen breaks it down: Own it!

the leg press

➔ **Muscles worked:** quads, hamstrings, glutes, calves, hip flexors

Aside from squats, one of the best moves you can do to develop your stems is the leg press. Working the quads, hamstrings, glutes, calves and stabilising muscles, a solid leg-press workout can leave your legs busted!

1. Place your feet hip-width apart and flat on the centre of the platform with your toes slightly turned out (like you would have them in a squat). This is the optimal position to engage the entire posterior chain and generate the most power.
2. Grasp the bars on either side of your hips for support. This will help steady you in the machine and help your lower back stay in contact with the seat back.
3. Extend your legs slightly to lift the cart and de-weight the stops, then open the stops so the full weight of the cart is supported by your legs. Your legs should be straight with your knees soft and not locked.
4. Slowly bend your knees to lower the cart toward your chest, tracking your knees over your toes — not inward or outward — and keeping your feet in full contact with the platform at all times.
5. When your knees make a 90-degree angle, press through your heels to drive the cart back to the start. Pushing through your heels engages the power of the glutes and hamstrings, combining that with the force of the quads to move the load.

HEELS RISING OFF THE PLATFORM?



- * Your feet are placed too low.
- * You've lowered the cart too far.
- * You have a limited range of motion in your calves and ankles.

DO THIS!

First try repositioning your feet a little higher on the platform. (Remember that in the down position, your knees should make a 90-degree angle). If that's not the issue, then you're probably tight. Shorten your range of motion during the move to accommodate your limitations, and after training, work on stretching your calves and ankles to increase your flexibility.



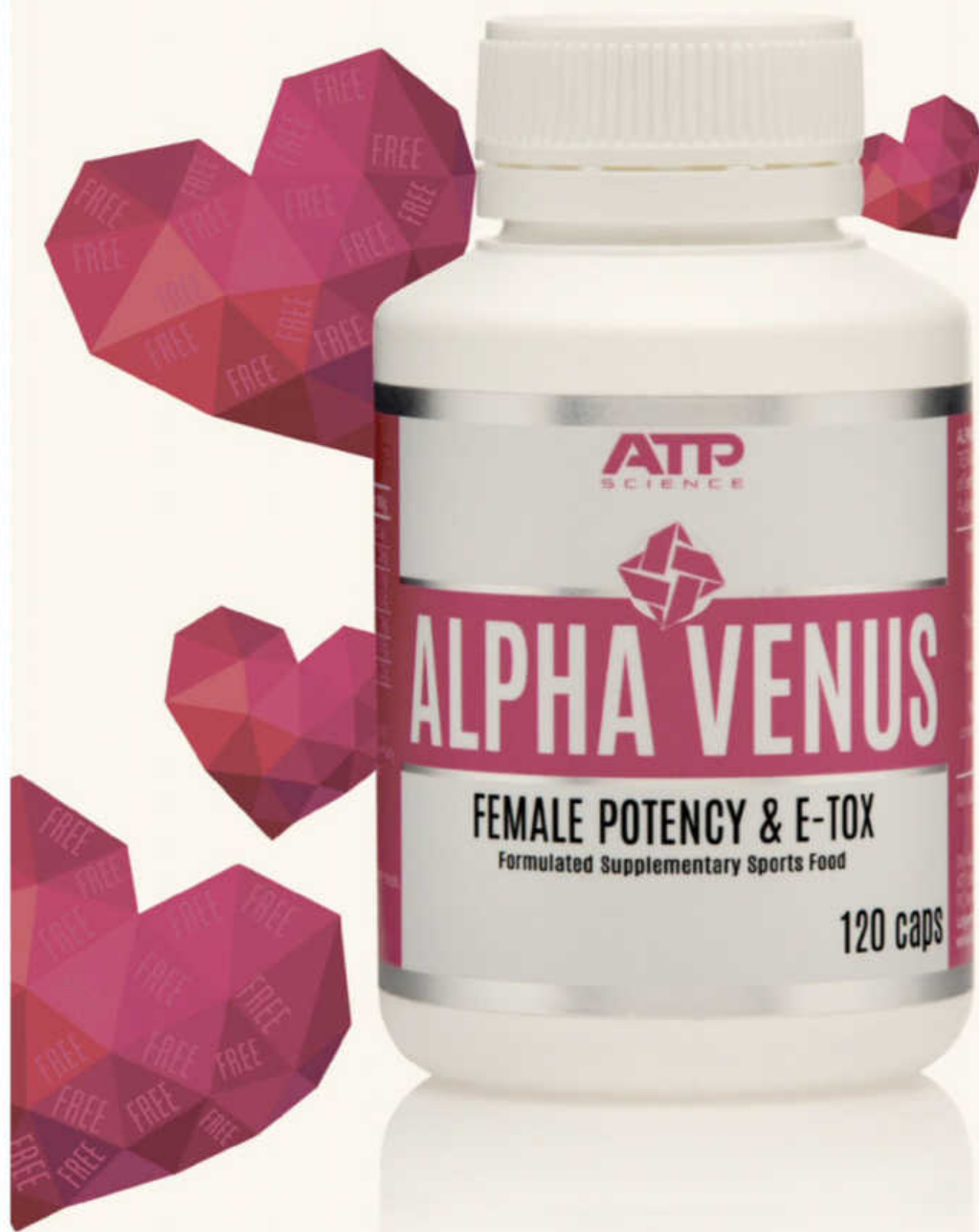
OTHER EXERCISES THAT WORK THE SAME MUSCLES:

- Squat
- Lunge
- Hack squat
- Smith-machine squat
- Walking lunge



BEGINNER TIP: Use the cart with no weight plates at first to get used to the mechanics of the move. Then add weight slowly as you get stronger.

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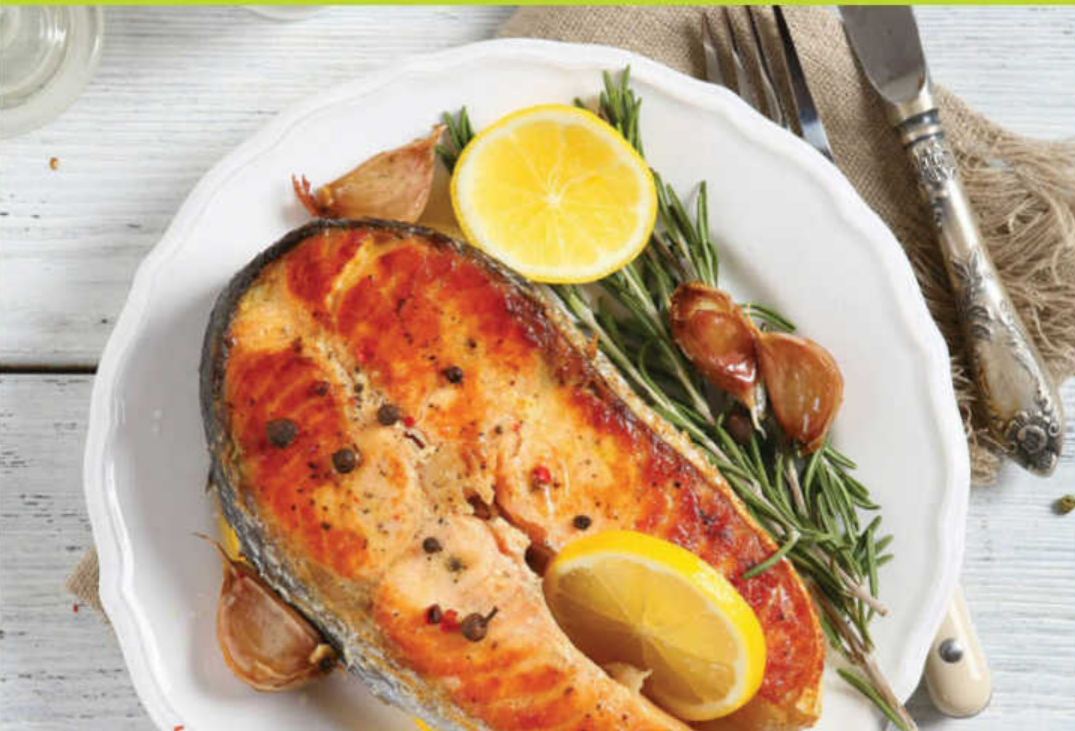
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1.4

NUMBER
OF HOURS OF DAILY
TELEVISION VIEWING BY
MORE THAN 60 PER CENT
OF THOSE WHO HAVE
KEPT OFF THEIR WEIGHT
SUCCESSFULLY, AS PER
THE NATIONAL WEIGHT
CONTROL REGISTRY

Eat more often

Findings published in *Nutrition Research* suggest that weight loss doesn't necessarily rely on meal frequency. As long as calorie intake is equivalent, you'll lose weight whether you eat two meals a day or six meals a day. But before you try the two-meal approach, know this: weight loss is not simply a matter of melting your lard. It also must include the preservation of as much fat-free mass (like muscle and bone) as possible. Muscle is one of the key drivers of enhanced metabolism, which can mean that preserving it helps you continue losing fat. The two-meals vs. six-meals research found that the six-meal approach goes a long way toward helping your body preserve fat-free mass on a weight-loss plan.

The right amount of protein

BY JERRY KINDELA, MA, DHS

➔ To lose fat, reduce the amount of muscle tissue lost during a diet, improve appetite and lower various cardiometabolic risk factors, a meta-analysis published in *The American Journal of Clinical Nutrition* determined you should consider eating 1.2 to 1.6 grams of protein daily per every kilo of bodyweight. The chart below suggests appropriate grams of daily intake of protein based on weight you see on the scale.

IDEAL PROTEIN INTAKE FOR LOSING FAT

Weight in kilos		Minimum grams of protein intake per day
60	➔	68
65	➔	72
70	➔	83
75	➔	69.5
80	➔	89

Note: If you exceed protein intake by as much as 10 to 15 grams per day, you're within the ballpark for weight loss. In fact, it's highly acceptable (perhaps even preferable) to go over the minimum number of grams.

FOCUS ON FOOD ➔ If you're not distracted during a meal, as you are when you watch television or play a video game, you will consume fewer snacks subsequently during the day. According to a study reported in the journal *Appetite*, focusing on the meal in front of you and recalling later what it was like to eat that meal may be a productive strategy for enhancing appetite control. Just like you focus on your contractions while exercising, focus on your food while you eat.

**“Never,
never, never,
never
give up.”**

— WINSTON CHURCHILL

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McDuh

➔ A recent study found that kids who ate fast food daily scored 20 per cent lower on tests than kids who did not eat the food. Researchers theorise that the paucity of nutrients in the meal was responsible for the lower learning curve, and additional research has linked a high-sugar, high-fat diet with adverse effects on learning.

» **Try it today:** Make your own healthy burger with this nutrient-packed recipe adapted from *Fifty Shades of Kale* (HarperCollins, 2013):

45 grams grass-fed ground sirloin, 4 teaspoons barbeque or steak sauce, ¼ teaspoon sea salt, ½ cup crumbled blue cheese, 4 large kale leaves, 4 whole-grain burger buns

» Mix beef with barbeque or steak sauce and salt and make into four patties. Grill patties to desired temperature. Top with equal amounts of blue cheese and tent with aluminum foil to keep warm and melt cheese. Place kale on the grill for two to three minutes, turning often until soft and wilted. Grill bun halves for 30 seconds. Place kale on bun, top with burger and enjoy!

Nutrition facts (per serving): calories 347, protein 34 g, carbs 28 g, fat 12 g, saturated fat 6 g, fibre 4 g, salt 642 mg*

*Note: To reduce your salt profile, reduce salt, sauce or blue cheese.

By Lara McGlashan, CPT, Fitness Editor

Healthy skin sense

Drinking four cups of coffee daily could mean a 20 per cent lower risk of developing melanoma, according to findings published in the *Journal of the National Cancer Institute*. Melanoma is the leading cause of skin cancer death in Australia and the fifth leading cause worldwide. Scientists theorise that the caffeine and antioxidants in coffee help protect skin cells against UV-B radiation. But this does not give you carte blanche to run about naked and unprotected (though it might be interesting to see how long it takes you to get arrested). Sunscreen with a minimum of SPF 30, a brimmed hat and long sleeves are still the best measures to protect against sun damage and cancer.



MAY THE ODDS BE EVER IN YOUR FAVOUR

Are you an oddball? Many of us are. Check out some of these odd odds to calculate your chances of becoming a left-handed world-class skier who bowls a perfect game.

3 in 100 of being double-jointed

1 in 10 of being left-handed

1 in 3 of getting brain freeze from eating ice cream too quickly

3 in 10 of surviving being buried in an avalanche for 45 minutes

1 in 660,000 of winning an Olympic gold medal

1 in 12,000 of an average golfer making a hole-in-one

1 in 3,000 of a professional golfer making a hole-in-one

1 in 11,500 of bowling a perfect 300

3 in 10 of reaching the top of Mount Everest

SOURCE: 2015 FARMERS' ALMANAC



Number of years shaved from your life span because of complications with obesity (such as high blood pressure and diabetes), according to Canadian researchers.

Reduce Your Sugar Intake and Improve Your Health and Weight Loss

SUGAR IS HIGHLY ADDICTIVE AND EXCESS CONSUMPTION IS NOT ONLY DAMAGING TO YOUR HEALTH, BUT IS ALSO ONE OF THE MAIN CONTRIBUTORS TO WEIGHT GAIN.

Even if you're not feasting on chocolate cake, you may still be eating a high amount of sugar throughout the day without realising it.

Here are some easy ways to reduce your daily sugar intake:

1. READ FOOD LABELS

Be aware of how much sugar a product actually contains. Ingredients are listed by highest content first so if sugar appears high up on the ingredient list, it's usually a good indication to stay away from that product.

2. BECOME FAMILIAR WITH THE DIFFERENT NAMES FOR SUGAR

Sugar can be listed under many different names including fructose, sucrose, honey, corn syrup, maltose, dehydrated cane juice and many more. As they can be listed separately on ingredient lists, some foods may contain three or four different types of sugar. Small amounts of each can contribute significantly to the overall sugar content of the product, thereby making it less healthy than you think.

3. START MAKING CHANGES

Once you know about hidden sugars, it's easier to start making changes.

- Buy products labelled 'no added sugar' or 'unsweetened'. Many products such as yoghurts, cereals and peanut butter will have no added sugar versions.
- Cut back slowly. Reduce the amount of sugar you have in tea or coffee by a third each week. The gradual change will allow your taste buds to adjust so that you don't miss the sweetness.
- Breakfast cereals can be very high in sugar - some popular ones contain up to 37 per cent! Switch to cereals with little or no added sugar. Start by mixing half your normal cereal with a low-sugar cereal to gradually reduce sugar consumption..
- Have wholemeal or grain toast instead of white (for increased fibre) and if you usually have sweet toppings (jams, honey, chocolate spreads etc.), try to halve the amount you usually use. Even better, try some low- or no-sugar options such as avocado and tomato.
- Beware of 'healthy' drinks. Soft drinks should obviously be avoided, but many drinks considered healthy can also be packed with sugar. Bottled iced teas, energy drinks, vitamin waters and store-bought smoothies can contain between 8 and 12 teaspoons of sugar. Another big trap is fruit juice. If you really need your fix, try having half fruit and half vegetable juice or dilute the juice with water. Your best option is water with a slice of citrus.

HOW achieva CAN HELP



With its ultra low levels of sugar (naturally sweetened with Stevia), Achieva can be used in-between meals to keep you fuller for longer, as a meal replacement, or as a post-exercise high protein drink for faster recovery. It's delicious added to smoothies or other healthy recipes, allowing you to add extra protein and nutrients into your diet without all the sugar. Achieva has added probiotics for healthy digestion, its own fat burning complex, vitamins, minerals and ultra low levels of fat, making it the ideal option for healthy weight management. It's also gluten free. Available in three flavours (chocolate, vanilla and iced-coffee) and two convenient sizes.



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Each type of pain reliever works a little differently.



Train with pain?

No question about it, being active can make you hurt. *Oxygen* sorts out what hurts and why. **By Carey Rossi**

➔ The word “pain” covers a wide range of sensations, from the sudden, piercing feeling of serious injury to the next-day soreness you feel after training, with a lot of territory in between. Knowing which remedies suit your symptoms can be the first step in managing this unfortunate side effect of living an active life.

“Pain is the enemy. It is like the dashboard for our inflammation,” says Jacob Teitelbaum, M.D., author of *Pain Free, 1, 2, 3!* (McGraw-Hill, 2006) and *The Fatigue and Fibromyalgia Solution* (Avery, 2013). One way to differentiate pain is to break it into acute pain and chronic pain. Acute pain starts suddenly and is associated with tissue damage or injury. If you experience it during a workout, resist the impulse to push through the pain. Some rest might be in order to prevent a more serious problem.

Chronic pain, on the other hand, lingers and is often resistant to medical interventions. It’s frequently caused by nerve damage and associated with negative psychological consequences.

Here are some entry points for talking with your doctor:

- ▶ **Joint pain** — located in or over the joint
- ▶ **Muscle pain** — targeted more than 2-3cm away from the joint
- ▶ **Nerve pain** — feels like electric burning and shooting sensations

“Pain is a signal from your body that something is wrong,” says Holly Lucille, North Dakota, RN, a Los Angeles-based naturopathic doctor. “Any time your skin is in the game, such as when it is hot and red, you should seek out medical help for the pain.”

A different kind of scale

When you seek help for your pain with a health-care provider, you will be asked to explain the feeling according to a scale: 1 being very mild and 10 being unimaginable. Deciding on the best number to describe what you’re feeling can be difficult, but don’t worry about it. “Know your story,” Lucille says. “That number is subjective to you, and it helps the doctor understand how the pain feels to you.” Don’t try to exaggerate your pain to get your doctor to take it seriously; you should talk about it honestly so your doctor can recommend the best treatment for you.

Depending on your preference, you can go with standard painkillers for relief or try an alternative. “You can supplement your lifestyle to create an environment that doesn’t promote inflammation and pain,” Lucille says. She suggests taking 1,000 to 2,000 milligrams of vitamin C, 100 milligrams of ubiquinol or coenzyme Q10, and a curcumin supplement before workouts.

Get creative! A number of options beyond medication are available to combat your pain.

THERAPY

Acupuncture

WHAT IS IT

Involves inserting hair-thin needles into various parts of the body

WHEN TO USE IT

Manage chronic pain

Chiropractic

Examining the relationship between the body’s structure and how it functions to minimise pain

Lower-back pain, neck pain, carpal tunnel, headaches and injuries

Massage

Manipulates the body’s soft tissues

Back pain

TENS

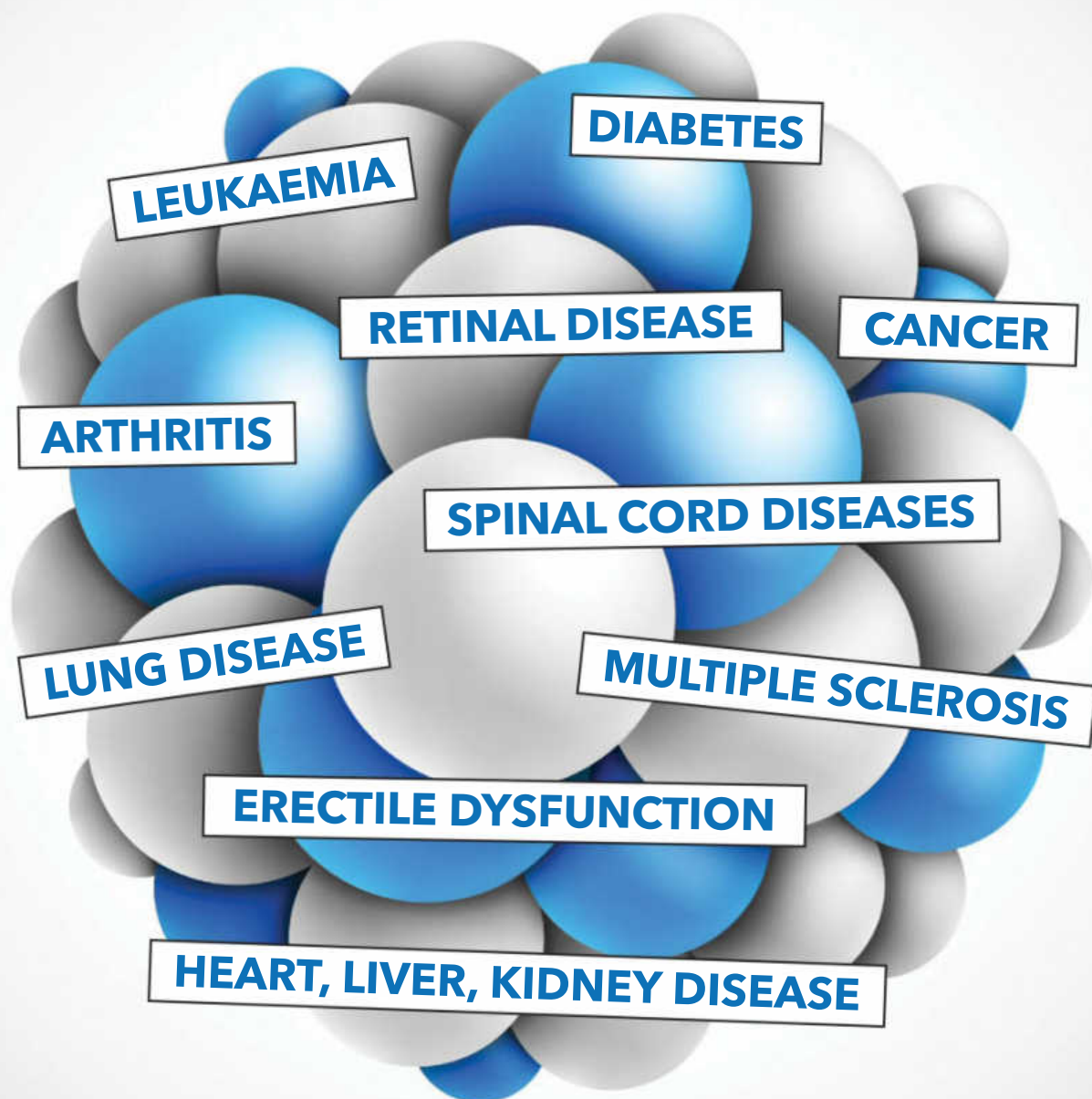
(transcutaneous electrical nerve stimulation)

These devices send low-voltage electric currents through the skin to either block the signals from the excited nerves or to help the body create feel-good endorphins that cancel out the pain.

Arthritis, bursitis, headaches, injuries, migraines and tendonitis

▶ **ACETAMINOPHEN IS KNOWN AS A REMEDY FOR PHYSICAL PAIN, AND IN A RECENT STUDY PUBLISHED IN *PSYCHOLOGICAL SCIENCE*, IT WAS FOUND TO REDUCE EMOTIONAL PAIN, AS WELL.**

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Kick it or pick it

BY GABRIELLE MASTON



GABRIELLE MASTON

Gabrielle is an Accredited Practising Dietitian, sports dietitian, exercise physiologist, behavioural health coach and personal trainer. Currently Gabrielle runs a private nutrition consultancy and exercise physiology business in Sydney. Gabrielle's passion is helping people lose weight, excel in sport and manage chronic disease by regaining their health through proper nutrition and exercise. For more information visit www.gabriellemaston.com

Summer Swaps

Summer is always a fun time of year, often filled with family gatherings, beach days, parties and, of course, lots of food! Navigate your way through the season with these helpful swaps that will help keep you satisfied and trim all summer.

Swap 1: The Hot Summer's Night

Kick: Ice cream 100g

Pick: Natural Greek style yoghurt 100g

Save: 386 kilojoules (92 calories)

Facts: Let's keep it real – ice cream is a dessert, so this tasty treat can be very high in saturated fat and sugar. Every now and then it's ok to have as a treat, but it shouldn't be a nightly staple. Yoghurt is far more nutritious and the probiotics or good bacteria it contains will support your immune system. It's also significantly lower in sugar and kilojoules.

How the numbers add up

Food	Energy (kJ)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Fibre (g)	Sodium (mg)
Ice cream	869	11	7	24	21	4	0.7	80
Natural Greek style yoghurt	483	7.9	4.8	6.2	4	4	0	48

Swap 2: The Luncheon with Friends

Kick: Caesar salad

Pick: Greek salad

Save: 668 kilojoules (159 calories)

Facts: Caesar salad may seem like a healthy option, after all, aren't salads meant to be healthy? Don't be fooled! Caesar salad is high in energy (kilojoules) due to the creamy salad dressing, bacon, cheese and croutons. Swap it for a Greek Salad – it's a lower kilojoule option with all the taste..

How the numbers add up

Food	Energy (kJ)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Fibre (g)	Sodium (mg)
Caesar salad	2222	30	8	32	2	38	3.2	1070
Greek salad	1554	34	7	14	4	10	1.8	1690



Swap 3: The Beachside Dinner

Kick: Battered fish and chips

Pick: Grilled fish and garden salad

Save: 6124 kilojoules (1458 calories)

Facts: We all love fish and chips but they don't love our waistlines! This hearty meal is almost an entire day's intake of calories. Battered fish and chips are great little sponges for soaking up oil and, as a result, they are very high in fat. Swap it for grilled fish and salad – it's a quarter of the kilojoules, and much lower in fat and sodium. Fish is a great source of protein that should keep you feeling full for hours, plus it provides you with a healthy dose of omega-3s.

How the numbers add up

Food	Energy	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Fibre (g)	Sodium (mg)
Battered fish and chips	7132	125	22	96	0	47	6	2820
Grilled fish and garden salad	1008	13	2	11	0	17	2.4	1070



Swap 4: The Snack on the Go

Kick: Boost Juice banana buzz smoothie

Pick: Green smoothie

Save: 664 kilojoules (158 calories)

Facts: Fruit smoothies are very hard to navigate as they are often marketed as healthy options, but they are also energy-dense. A milk-based smoothie with several fruit serves and other add-ins can be equivalent to an entire meal. Swap this for a green smoothie, which is lower in sugar, sodium, carbohydrates and fats. A better snack for in-between meals!

How the numbers add up

Food	Energy (kJ)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Fibre (g)	Sodium (mg)
Boost Juice banana buzz smoothie	1420	5	2.7	56.7	53.2	14.9	3.6	117
Green smoothie	756	2.7	0.2	37.4	34.2	2.7	3.6	50



Swap 5: The Weekend Pub Crawl

Kick: Strawberry daiquiri

Pick: Red wine

Save: 302 kilojoules (72 calories)

Facts: Alcohol is often forgotten about when it comes to its energy contribution to the diet. Alcohol contains 29 kilojoules per gram – almost the same amount as fat! Cocktails are also mixed with refined sugars, making them a not-so-great choice for your night out. Swap your cocktail for wine, it contains the same amount of alcohol but has less sugar and overall kilojoules.

How the numbers add up

Food	Energy (kJ)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Alcohol (g)	Sodium (mg)	Sodium (mg)
Strawberry daiquiri	823	0	0	16.8	14	16	12	117
Red wine	521	0	0	4	1.2	16	7	50



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What's on



+ BRISBANE VEGAN FESTIVAL

Brisbane, QLD, 12 December 2015

This event celebrates the many facets of veganism in a fun and entertaining way and promotes the benefits of a vegan lifestyle for animals, people and the planet. With a jam-packed day consisting of local and international speakers, live cooking

demonstrations, delicious food from local businesses and market stalls, you won't leave uninspired or hungry!

For more information visit
www.brisbaneveganfestival.com

+ SPECIAL FORCES CHALLENGE

Glenworth Valley, NSW, 6 December 2015

Your mission, should you be tough enough to accept, is like no other challenge on the planet. Your objective, decked out in full combat gear, is to complete a Special Forces Challenge spanning 12.83km. This is not a mud run or assault course, this is a genuine British Forces assessment. Each mission is designed for all levels



of fitness... everyone can finish this mission, everyone does finish this mission.

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+ NIGHT ATTACK

Gold Coast, QLD, 3-5 December 2015

Night Attack is a 5km night time obstacle course run, founded and designed by former Australian commandos. Participants' senses will be tested as they navigate through challenging obstacles, fluoro UV lighting and glow in the dark areas. Dress in fluoro or glow in the dark because this course is full of ultra violet lights, strobes and smoke machines.

For more information visit
www.nightattack.com.au



EVENT WRAP-UP: AUSTRALIAN WOMEN'S NATURAL BODY SCULPTING

The inaugural Australian Women's Natural Body Sculpting (AWNBS) all-female Queensland titles were held on Sunday October 11, 2015. Over 300 general admissions attended, with 50 competitors and free entry for all coaches. The AWNBS provided an informative and scheduled event and gave back to those who require the most recognition – the AWNBS competitors! The event

was complete with an exclusive beauty room, live event broadcast throughout the venue, a pre-stage area for final pump-ups and interviews with each category winner. There was also an in-crowd media banner allowing competitors to capture their day with friends and family. Along with professional back and front of stage photographers, the AWNBS were proud to deliver an entirely new experience in

women's fitness events! The AWNBS overall division winners (pictured here) walked away with over \$10,000 of prizes, crystal trophies and exclusive AWNBS pendants. The AWNBS looks forward to launching their 2016 season dates very soon!

For more information and to stay updated visit www.awnbs.com.au



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KATHLEEN TESORI
FITNESS ATHLETE / IFBB FIGURE PRO



MAKING TIME FOR WHAT'S IMPORTANT

Having let go of her excuses, Katie Stevens is now impacting the fitness world in a big way. BY KIRSTIN CUTHBERT | PHOTOGRAPHY BY DALLAS OLSEN

FAST FACTS

Name: Katie Stevens

City: Brisbane, QLD

Occupation: Cosmetic tattoo artist

Age: 25

Height: 164cm

Weight: 52kgs

LIKE MANY OF US, KATIE STEVENS CONSTANTLY FOUND HERSELF SAYING "I DON'T HAVE TIME" OR "I'M TOO BUSY." TOO BUSY TO TRAIN OR EAT RIGHT, SHE USED THIS MENTALITY AS AN EXCUSE TO SET ASIDE HER BIGGEST GOALS AND DREAMS. ONE DAY WHILE KATIE WAS RUNNING A PROMOTIONAL MODELLING AGENCY FULL-TIME, SHE WENT TO SUPPORT A FRIEND AT HIS FIRST FITNESS COMPETITION. AS SHE WATCHED THE FITNESS COMPETITION, SHE REALISED THE PEOPLE ON STAGE DIDN'T MAKE EXCUSES, THEY TRAINED HARD AND ATE RIGHT AND KATIE BECAME DETERMINED TO HAVE A BODY LIKE THE WOMEN SHE SAW ON STAGE.

After saying goodbye to her excuses, she gave herself a deadline, committed to a coach and was more motivated than ever to make her fitness dreams a reality.

Katie grew up living a fit and healthy lifestyle. Her parents owned a gym, so it was second nature to her to take care of herself. As she got older, she became

busier and some of the things she learnt began to fade away.

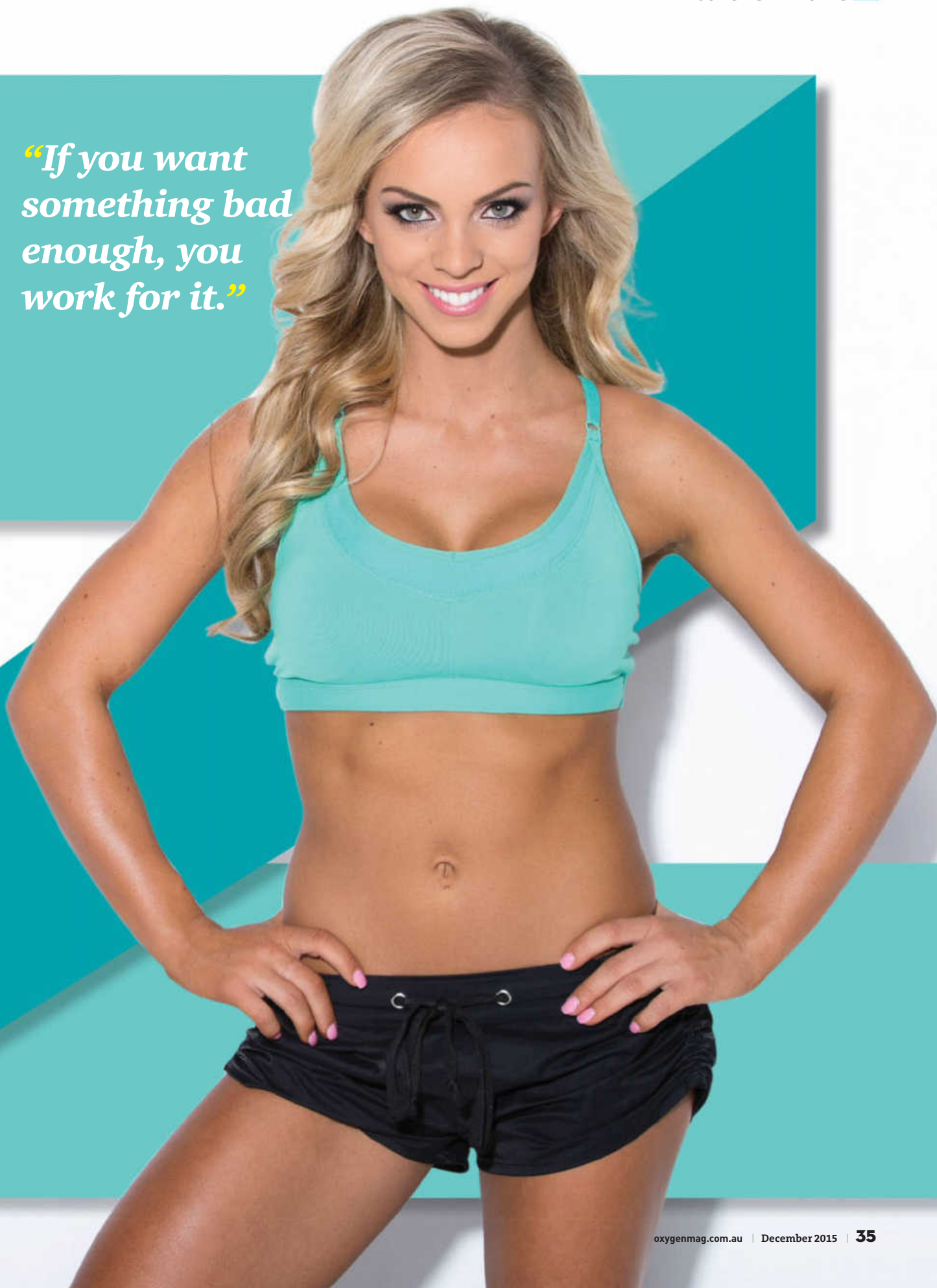
However, once she had a clear idea of what her goals were, she began to realise how important prioritising is.

"Hard work and commitment come with sacrifice. I've learned that it's okay to miss events here and there to put my health first," she says. ▶

CONNECT WITH KATIE

Instagram: misskatiestevens | **Facebook:** misskatiestevens | **Website:** katiestevens.com.au

*“If you want
something bad
enough, you
work for it.”*



Katie wanted to take her fitness to a new level and compete in fitness competitions. To achieve amazing things, she believes it's so important to surround yourself with likeminded people and is incredibly grateful to have friends and family that understand her goals and support her.

Having been in the fitness world for two years now, she is living her competing dream. Katie recently

concentration and the changes she's seen in her body have been the most rewarding aspects for her.

"I am more educated about what it really means to be healthy and I love nourishing my body with the right foods and exercise. I have more energy and am so passionate to help others feel this same way," she says.

After being the model in workouts for *Oxygen Australia* and following

Katie has learnt to listen to her body, she believes it's so important to know when to rest and when to realise you're possibly making excuses.

"Over training and pushing yourself too much doesn't do you any favours. It's okay to mess up on your diet and have a day or two out of the gym, but when you're a little off, don't just 'wait until Monday' to start again, get straight back into it

"Don't compare yourself to others, run your own race and focus on what's important to you."

won the Bikini Diva Championship at the WBFF World Titles in Las Vegas and was awarded PRO status.

Since deciding to live and breathe a healthy lifestyle, she feels her life has more structure and she's become a much happier person.

"In order to eat healthy and exercise daily, I need to be planned and organised ahead of time. When you feel good about yourself, you find many more positives in all aspects of your life," she says.

Katie believes her happiness, as well as great energy, better

the journeys of many of the women who have graced the magazine covers, it's now Katie's turn!

She hopes to inspire other women, especially those in the same situation as she was – too busy to put their health first.

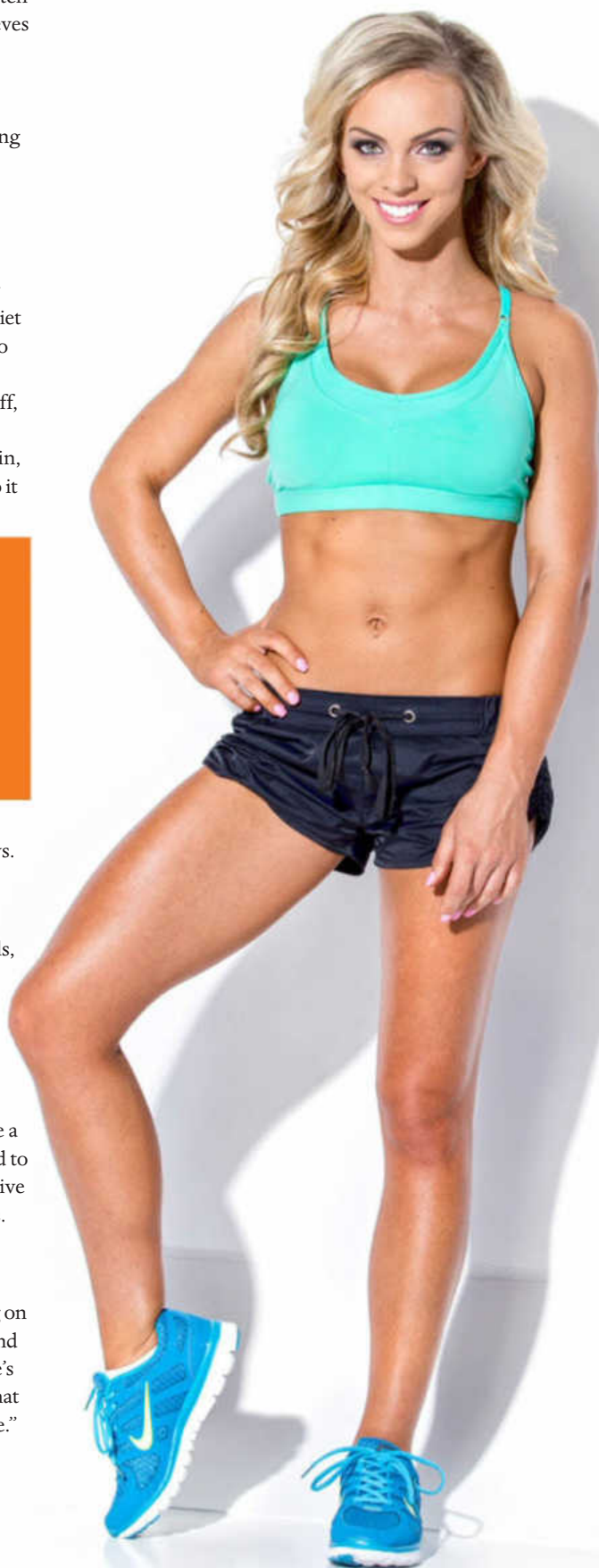
"If you want something bad enough, you work for it. Work within your means and don't compare yourself to others. Run your own race and focus on what's important to you. Write down your goals and reward yourself along the way," she says.

the next day," she says.

With over 50,000 followers across her social media channels, Katie is using her presence to inspire and motivate others through her lifestyle and mindset.

"It's important to live a balanced lifestyle and to find something positive in each day," she says.

"Everything in life isn't always peachy, however by focusing on the positives in life and working through life's challenges, this is what makes us who we are."



COVER GIRL DIET

Here's what Katie eats on a typical day:

Breakfast: 3 egg omelette (2 whole, 1 white) with mixed veggies (capsicum, spinach, mushrooms)

Snack: Chocolate protein and berry smoothie

Lunch: 80g chicken, ½ cup brown rice and steamed vegetables

Snack: Apple and small handful of almonds

Dinner: Grilled chicken with lots of salad (avocado, beetroot, fetta, leafy greens)

Snack: Greek yoghurt, berries and cinnamon

While Katie generally stays in great shape year round, if she's preparing for a photo shoot or fitness competition, she tracks her diet carefully through macronutrients (proteins, fats and carbohydrates). She also increases her training for maximum muscle toning and fat loss.



QUICK QUESTIONS

Describe yourself in three words:

Organised, vivacious and daring.

How often do you treat yourself?

At least once a week, it's so important to have balance. When I'm strict, I'm strict and my treats are always earned.

What are the staples in your fridge?

Chicken, lots of fruit, leafy greens and eggs.

What is your favourite body part to train?

Glutes and hamstrings.

Do you prefer cardio or weights?

Cardio, I find it's a lot more sociable.

What is your best beauty secret?

Drink loads of water!

COVER GIRL WORKOUT WEEK

"The feeling of accomplishing a super sweaty workout or even long walk is so uplifting and definitely a mood changer. Training in the morning and releasing those endorphins is the best way to start a day!"

Monday: 30 min morning walk, evening weights (glutes and hamstrings)

Tuesday: 30 min morning walk, evening yoga or Pilates.

Wednesday: 30 min morning walk, afternoon weights (back and abs)

Thursday: Evening weights (arms and full-body conditioning)

Friday: 30 min morning walk, afternoon weights

Saturday: Rest day

Sunday: 30 min morning walk, full-body conditioning



**How to enjoy
the ride**





HAVE YOU EVER MET SOMEONE WHO YOU INSTANTLY GOT ALONG WITH, ONLY TO FIND SOME TIME DOWN THE TRACK THAT THE PERSON YOU THOUGHT YOU KNEW IS ACTUALLY TOTALLY DIFFERENT? YOU MAY ASK YOURSELF 'WHY DOES THIS HAPPEN?' IN MANY CASES, BEHIND THE FACADE THAT PEOPLE CREATE IN LIFE, THERE IS

A TRUE SELF. Unfortunately when we relate to others, we don't always know who are we really seeing; is it the true self or an altered self? Social media certainly helps create this facade! Social media is an opportunity to emulate celebrities' lifestyles and exercise regimes. It seems that if we don't 'brand' ourselves, we might not get the job, date, house or life we want. Maybe we won't feel as important either.



But enjoying life is not about comparing yourself to others (particularly in the age of social media where people constantly see images online of others who are further along their journey than they are) – it is about focusing on your own journey.

THE WORLD OF ILLUSION

Technology touches everything we do today and it can be very beneficial for families, businesses and personal needs. It is very hard to imagine a life without technology – now everything is just a call, mouse click or SMS away. While technology is exciting, life in this world can be just like a 21st century-express train and we need to decide when to step off and leave technology alone before it has a negative impact on our lives. I was at the gym recently and noticed someone with their mobile alongside their bench in a Body Pump class and someone else taking calls while working out – we

need to be careful that we don't become slaves to our own creations!

While we've been sitting around loudly fretting to anyone who will listen about disappearing social security and looming retirement, younger generations have been broadcasting every single detail of their lives to friends and strangers alike. Thirty years ago we would have labelled someone who always talked about what they were doing as 'conceited'. Today that's called 'social networking'.

Intensifying the problem is digital self-absorption technologies – they seduce young people to

dwell on themselves. Such technologies include mobile phones, text messaging and web-based social media such as Instagram, Facebook and Twitter. These technologies encourage people to indulge all their trivial thoughts and feelings. People can easily come to think that the whole world needs to notice them and have access to them on a 24/7 basis.

About 10 million Australians have a Facebook account and about 1.2 million use Twitter. The average number of friends and followers for each is more than 100.

On top of that, we appear online on geo-tracking sites, YouTube, blogs and personal websites. There is an unmistakable paparazzi element to it all. We upload reams of snaps online and the tagging function ensures an endless distribution chain. Children also now have the means to tell the world all about themselves, including their attitudes, feelings and life trivia and show photos to document their various activities. Children are coming to think that people are so tuned in to them that they can't wait for the latest phone call, text message, photo, blog, web posting or Tweet. While we don't want our kids to be recluses, it's definitely a worry that the excesses of self-absorption enabled by technology may cause serious problems for children in the future.

In order to begin breaking away from social media addiction and start to enjoy your own life ride, it's important to take a step back and figure out who you are, not just who you portray yourself as on social media.

Tips for Enjoying the Ride:

- **Reflect on your ideal life**, goals and actions and set your intentions each day.
- **Create space** and write about your feelings in a journal.
- **Simplify**, slow down and observe your life.
- **When confronted with a choice**, ask yourself: will this add to my life or create more stress?
- **Be grateful** for everything in your life each day.
- **Acknowledge your success** (success breeds success).
- **Have fun!**

“Thirty years ago we would have labelled someone who always talked about what they were doing as ‘conceited’. Today that’s called ‘social networking’.”

WHO ARE YOU?

The first step towards ‘enjoying the ride’ is to know more about your life. It is important to learn to know yourself and begin answering the big questions. It is also important to learn what inspires you, why you are here and what you are supposed to experience, learn and get out of this lifetime. So, take out a few sheets of loose paper, or a journal and a pen and find a quiet place where you will not be interrupted. Turn off your mobile phone, your computer. Write the answers to each question in the list below. Write the first thing that pops into your head, using point form. It's important to write out your answers rather than just thinking about them. Write quickly and be honest. Nobody will read it. Write without editing.

- ☐ What makes you smile? (Activities, people, vents, hobbies, projects etc.)
- ☐ What were your favourite things to do in the past? What about now?
- ☐ What activities make you lose track of time?
- ☐ What makes you feel great about yourself?
- ☐ Write down all of your major goals in your life that you feel you want to achieve.
- ☒ Who inspires you most? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc). Which qualities inspire you in each person?

- ☐ What are you naturally good at? (Skills, abilities, gifts etc.)
- ☐ What do people typically ask you for help with?
- ☐ If you had to teach something, what would you teach?

POWER FROM WITHIN

If you want to claim inner power in your life, you need to accept yourself... you need to hold yourself up through all the things this world throws at you. You have no requirement to prove your worth and value to anyone. Let's face it, most people are not aware of the incredible power within that they possess. You need to declare who you are and what you value, and then commit to living that out every day in every situation. That is our inner core, our centre that cannot be compromised. Once you have that, you know how to respond in any situation. So, do not miss out on the opportunity to work on your internal power.

Overall, enjoying the ride is about disconnecting from technology at times and getting to know the inner you – where your true potential resides. Part of the change process is to acknowledge what you achieve on a regular basis. This provides an opportunity to build on and accumulate successes, like interest in the bank. Then, it is important to reward yourself! ●



GEOFF EDWARDS

Geoff is an internationally accredited life coach with more than 25 years of coaching experience who can support you on your journey to success with results that last. He welcomes correspondence from readers keen to share any successes that they're excited about, or if you would like to develop your own personal success plan related to being 'empowered at every age', you can get in touch with him via geoffedwards@bigpond.com or through his website www.geoffedwards.net or Facebook: www.facebook.com/geoff.edwards2

2015 QUEENSLAND TITLE WINNERS



FOXY FITNESS WINNER

What an experience competing with AWNBS - a fantastic opportunity for female competitors to really shine on stage that I have not seen offered before elsewhere.

I want to thank my dedicated coach, Michael Schneider who has put in the extra hard yards for me, and without whom, I wouldn't be where I am today.

- Courtney Barton



FIGURE STATUESQUE WINNER

Being the first ever show in QLD, for this new federation, I was unsure of what to expect. WOW would be an understatement. The AWNBS went above and beyond to ensure that every competitor felt valued and each and every one of us was given the time to shine on and off stage, creating a whole new experience for competitors.

Thank you to my supporters, Cooper & Bridie my children, partner and coach Cameron from Derty Gerty Bodybuilding, best friend and business partner Jade who pushes me to excel and the talented Jo Rogers, Style on Stage who creates my stunning bikinis, mentor and role model.

- Kirsty-Leigh Brown



BIKINI BEAUTY WINNER

It was an absolute honour to compete at the AWNBS Queensland Titles. My Journey to stage has been 3 years in the making, with 2015 being the year I was finally ready. I never imagined I would walk away with an Overall Title in my first year of competing. I'd like to thank Tyrone Adams for help with my training, my supportive loving family/friends, Sam and Chonnie from HIIT Australia, Makeup artist Beka Hampton, Posing is credit to Kirri Wood and Jo Rogers and winning tan by Charmyne from Comp Tan Australia.

- Micayla Dixon

Is Your Training Regime Incomplete?

If you feel like you're not reaching your peak, Pilates might just be the thing to get you there.

BY TARYN POLOVIN | MODEL: AMELIA RICCI | PHOTOGRAPHY: DALLAS OLSEN | MAKE UP: LISA LEE

I LOVE WOMEN WHO LIFT! THERE ARE SO MANY BENEFITS TO WEIGHT TRAINING AND I AM ALWAYS TRYING TO CONVINCE WOMEN TO INCREASE (OR START!) RESISTANCE TRAINING.

Unfortunately, there is a downside. Most people are prepared to accept the minor inconvenience of shortened muscles and capsular tightening to achieve the myriad of benefits seen with weight training. This, however, tends to place a ceiling on the amount that you can lift and the range in which you can work.

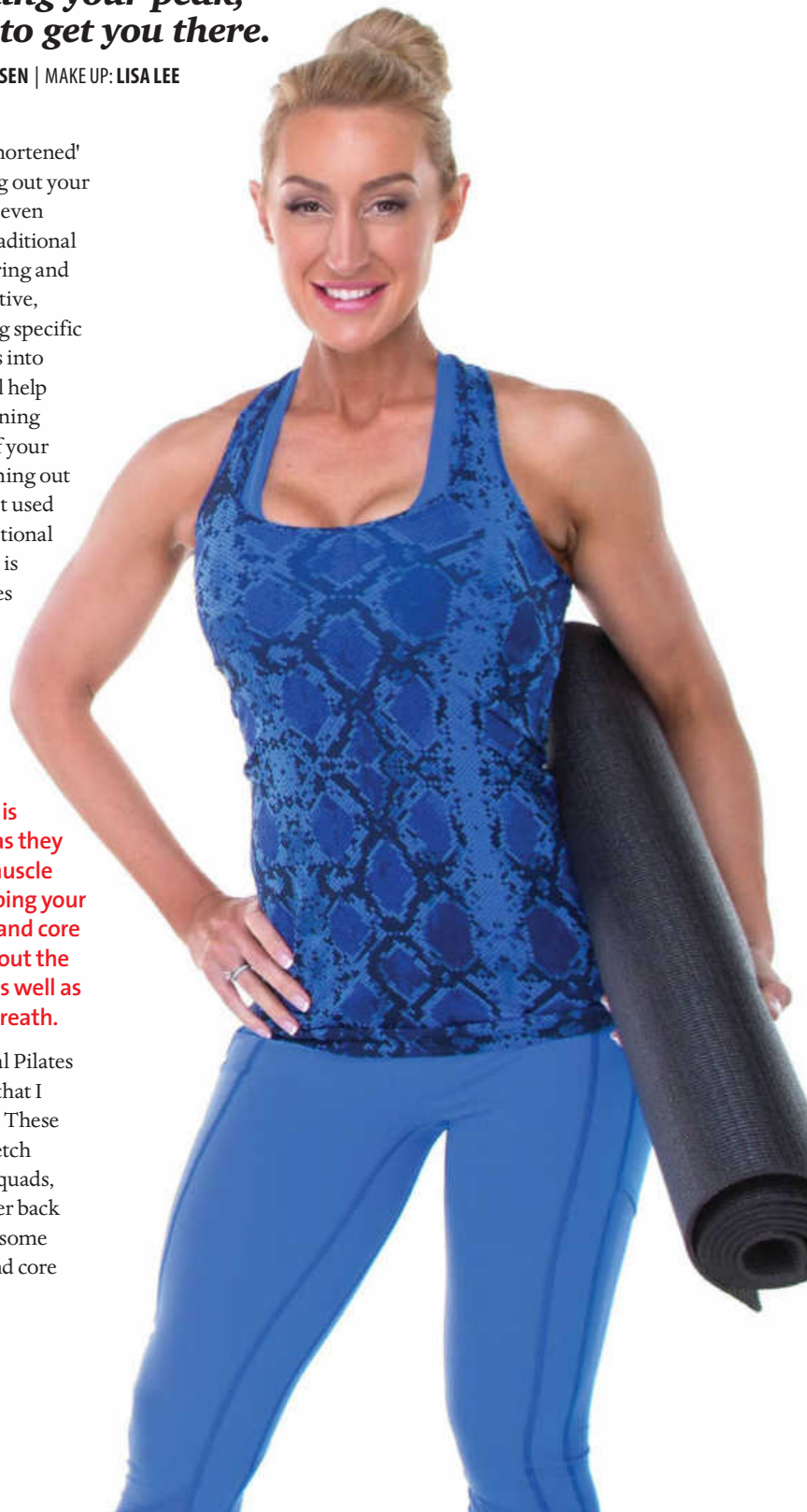
Flexibility and mobility are vitally important when it comes to weight training but they are often overlooked. Think about it – you can only deadlift or squat as far as your flexibility allows. For deadlifts, it mainly involves flexibility through your hip joint and hamstrings but squats involve three joints – hip, knee and ankle. Having increased mobility and range will allow you to train the muscle through its full range of motion and can dramatically increase the time you keep your muscles under load.

If you want to get maximal benefit from your weight training sessions you need to be able to move the joint through a functional, if not full, range of

motion. Elongating 'shortened' muscles and stretching out your joint capsule prevents even more loss of range. Traditional static stretches are boring and perhaps not very effective, however incorporating specific Pilates-based exercises into your training split will help ensure you're maintaining the range of motion of your joints as well as stretching out the muscles you've just used in a dynamic and functional way. An added benefit is that all Pilates exercises involve some level of core activation, which is a great way to finish off a workout.

Using dynamic and functional exercises is far more beneficial as they target a variety of muscle groups at once. Keeping your focus on alignment and core connection throughout the movement is vital, as well as working with your breath.

This is not a traditional Pilates sequence but it is one that I use a lot in my classes. These exercises will help stretch out your hamstrings, quads, calves, glutes and lower back as well as incorporate some fantastic alignment and core work.



THE SEQUENCE

1 Start in a forward lunge position with both hands flat on the floor, right foot between your hands and left leg extended behind you. Stay there for three breaths, pushing into the back heel and lengthening your spine.

2 Exhale to straighten your front leg as much as possible and lengthen your spine. Keep your neck in alignment with your spine and push your left heel into the floor. Hold for the inhale and then bend the right leg forward again on the exhale. Repeat three times.

3 On the next exhale, take your right foot back to meet left foot, keeping them hip width apart. Hold this front support (plank) position for one breath.

4 Exhale to push back into an up-stretch position. Inhale to hold the up-stretch and exhale back into your front support. Repeat this for three breaths.

5 Push back into an up-stretch and extend your right leg straight up without twisting your hips.

6 On the exhale come forward into your front support with the right leg lengthened out behind you, not touching the floor. Moving on the exhale, repeat this up-stretch to front support sequence three times with the right leg extended.

7 Sweep the right leg forward onto the mat into a glute stretch. Hold this for three to five breaths. Repeat sequence on the left leg.



TARYN POLOVIN

Taryn has a degree in exercise science with postgraduate studies in sports nutrition as well as a full studio Pilates certification. She is an international instructor and regularly presents at both Pilates and fitness conferences. Taryn hosted and was the creative director of the international fitness show *Aerobics Oz Style* and has been involved in the health and fitness industry for over 15 years.



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PROBIOTIC FAT BURNER

BODYSCIENCE.COM.AU



Christmas is the perfect time to give your friends, family or even yourself a gift that will keep on giving. *Oxygen* has found the best 12 deals for you and your



MUSIC TO YOUR EARS

Stay motivated to work out all year round with the X2 Wireless Buds by Jaybird. The micro-sized sweat-proof sport Bluetooth buds deliver superior audio performance (music and calls) and rival the best in wired headphones. With their Patented SecureFit for ultra comfort, they're ready for anything you can dish out on the trail, in the gym or on the slopes. The breakthrough super-capacity BatteryHD technology gives Jaybird's X2 a solid eight hours of playtime – that's a full week of workouts or a full day of listening.

STREAMLINE YOUR SILHOUETTE

The Black Series 5 BODYSCIENCE Athlete Compression Tights are designed with specific muscle panel alignment, providing unmatched strength, support and fit to targeted muscle groups. These tights will help you, your friends or family take your athletic performance to the next level this New Year. The unique high-performance compression fabric includes superior moisture-wicking qualities to 'draw' sweat away from where it is produced, helping to dissipate body heat. The Warp Knit construction results in an increased number of fibres so the tights are highly durable and can stretch further, returning to their original shape without distortion. They also have a UV protection of 50+ so you'll be

For more information visit
**[www.bodyscience.com.au/shop/family/home/
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SignalPlus technology allows you to use your music device anywhere on your body to enjoy skip-free music outdoors and incredible range indoors.

Fitness deal: Use the promo code **FIT12DAYS** at the online checkout when purchasing the X2 Wireless Buds valued at \$239.99 and you'll **receive 25 per cent off your purchase and free shipping.**

For more information visit jaybirdsport.com

protected from the harsh Australian sun. The waist band on these tights has been developed with a thicker and firmer fit. Featuring a mid to high rise, the wide and flat band provides an on-trend fit and streamlined silhouette.

Filmas deal: Receive 50 per cent off women's & men's compression garments when you visit the link below.



loved ones to be on your merry (and fit) way this Christmas. With health- and fitness-related gifts, you can all start 2016 inspired, empowered and ready to go after your biggest goals.



ESTROGEN ESSENTIAL

Made by **Dr. David Williams**, specialises
in the **menstrual cycle**, Alpha
Venus' will help you **prioritise** friends, family
or even **yourself** to balance your **hormones**
and get the most out of 2016.

Fittas deal: Buy an Alpha Venus for \$89.95 from any participating stockist and **receive a free ATP Science transdermal cream (Subcut, Block E3 or Prototype 8) valued at \$69.95.** *Note: to receive the cream please fill out the form on p21 and take it with you to the stockist.*

For more information visit
www.atpscience.com

4

SITTING PRETTY

We all know sitting is the new smoking so perhaps you, your loved ones or even your co-workers want to give up the bad habit of sitting all day. The VARIDESK Pro Plus 36 converts a normal desk into a sit/stand desk in minutes. It features a two-tier design with an upper display surface for monitors and accessories and a lower keyboard and mouse deck. At 90 centimetres wide, it's the perfect size for dual-monitor setups. Pro Plus 36 boasts 11

different height adjustments, a dual-handle design, and a spring-loaded boost that lets you easily raise and lower up to 16 kilograms in just a few seconds. VARIDESK comes fully assembled, requires no installation and works with existing furniture.

Fitmas deal: Buy the Pro Plus 36 for \$500 now by visiting the website below.

For more information visit www.varidesk.com.au

SWING INTO THE NEW YEAR

Swing on into the New Year with NC Fitness Gear's kettlebells. As an ancient exercise tool adapted for modern day living, they will help you and your loved ones lose weight, tone up, improve your fitness and get stronger. Kettlebell training is scientifically proven to help you achieve your overall fitness goals, plus they're a ton of fun! As you go after your goals this 2016 it's inevitable that you'll get a little sore from pushing yourself to new limits. One of the most valuable tools you will own is a foam roller. By using your bodyweight and gravity on a foam roller, you'll find and target tight and sore spots which will allow your muscles to release and repair. Plus, using a foam roller will

eliminate visits to the physiotherapist for minor niggles – saving you or your loved ones a bunch of money!

Fitmas deal: Receive 20 per cent off all foam rollers and kettlebells by using the promo code OXY20 at the online checkout.

For more information visit www.ncfitnessgear.com.au



YEAR-ROUND MOTIVATION

Could you, your friends or family members benefit from a year's worth of inspiration? With the latest and greatest in results-based training, nutrition and female fitness, you and your loved ones will be motivated to stick to your fitness and health goals for the long-term, not just as a month-long New Year's resolution!

For more information visit www.oxygenmag.com.au



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FOR THE LAST SIX DAYS OF FITMAS DEALS!**



HIIT Your Abs

at the Beach

Fast and effective, this workout is perfect for fit sistas who love the summer sunshine!

WORDS BY **FATIMA LEITE KUSCH** | DEMONSTRATED BY **FATIMA LEITE KUSCH & THERESA JENN LOPETRONE**

PHOTOGRAPHY BY **PAUL BUCETA** | MAKEUP AND HAIR BY **2 CHICKS AND SOME LIPSTICK**

IT'S THE PERFECT TIME OF YEAR TO GET OUTSIDE AND ENJOY THE GREAT OUTDOORS. WHILE YOU MAY BE HEADING TO THE BEACH FOR SOME SUNSHINE, SOCIAL TIME WITH FRIENDS, A COFFEE OR A DIP IN THE OCEAN, YOU CAN ALSO GET YOUR WORKOUT DONE WHILE YOU'RE THERE!

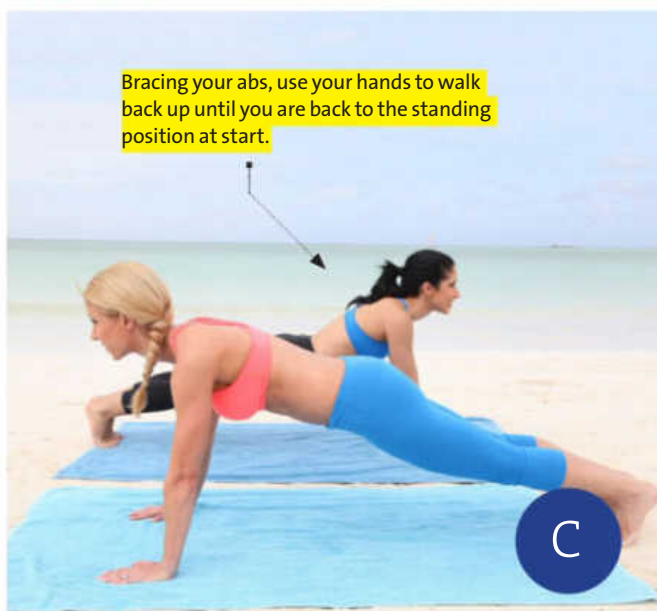
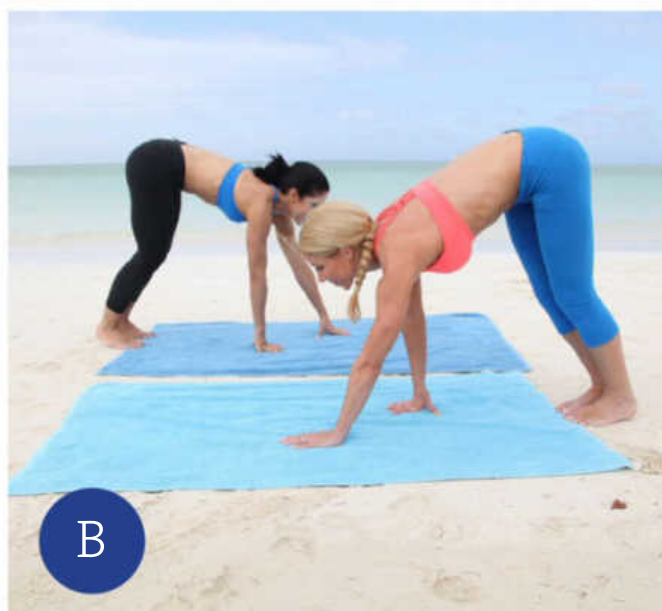
This workout is designed to be short, fast and effective. The whole routine only takes 15 minutes with three five-minute rounds all up. In between each exercise you'll be sprinting through the sand to keep your heart rate up, burning calories and feeling the burn in your legs. After each sprint you'll drop down to your beach towels for some serious abs work.

All you need for this quick HIIT is your beach towel, 15 minutes and your workout buddy. The best thing about a workout out at the beach is that you can relax there afterwards. So once your workout is complete, go enjoy some much-deserved down time in the sunshine or ocean! ▶

THE WORKOUT*

Exercise	Duration	Exercise	Duration
Standing Walkout Plank	1 min	Partner Pushdowns	30 secs each
Sprint Lines	30 secs	Sprint Lines	30 secs
Straight-arm Side Plank	30 secs per side	Forearm to High Plank	30 secs
Sprint Lines	30 secs		

**That's just one round! Now repeat this sequence two more times to complete three rounds all up.*



Prop your body up onto your hand with a straight arm and raise your hips to form a straight line from shoulders to ankles.



Straight-arm Side Plank

SET-UP: Lie on your side with knees straight. Prop your body up onto your hand with a straight arm and raise your hips to form a straight line from shoulders to ankles.

ACTION: Keep your head facing in the same direction as your body. Your hips should be slightly pushed forward. Hold this position for 30 seconds and then repeat on the opposite side.

Partner Pushdowns

SET-UP: One girl stands and the other lies on the ground, with her head at her partner's feet. The girl on the ground holds her partner's ankles and lies in a straight line with her abs engaged.

ACTION: While lying on the ground, she will raise her feet up to the standing girls' hands, keeping her legs straight. The girl standing will push her partner's legs away and the lying partner will try to bring her legs back to the floor with control while still engaging her abs. She is to keep her lower back pressed into the floor as she lightly taps the ground with her legs, completing all reps before swapping positions with her partner.





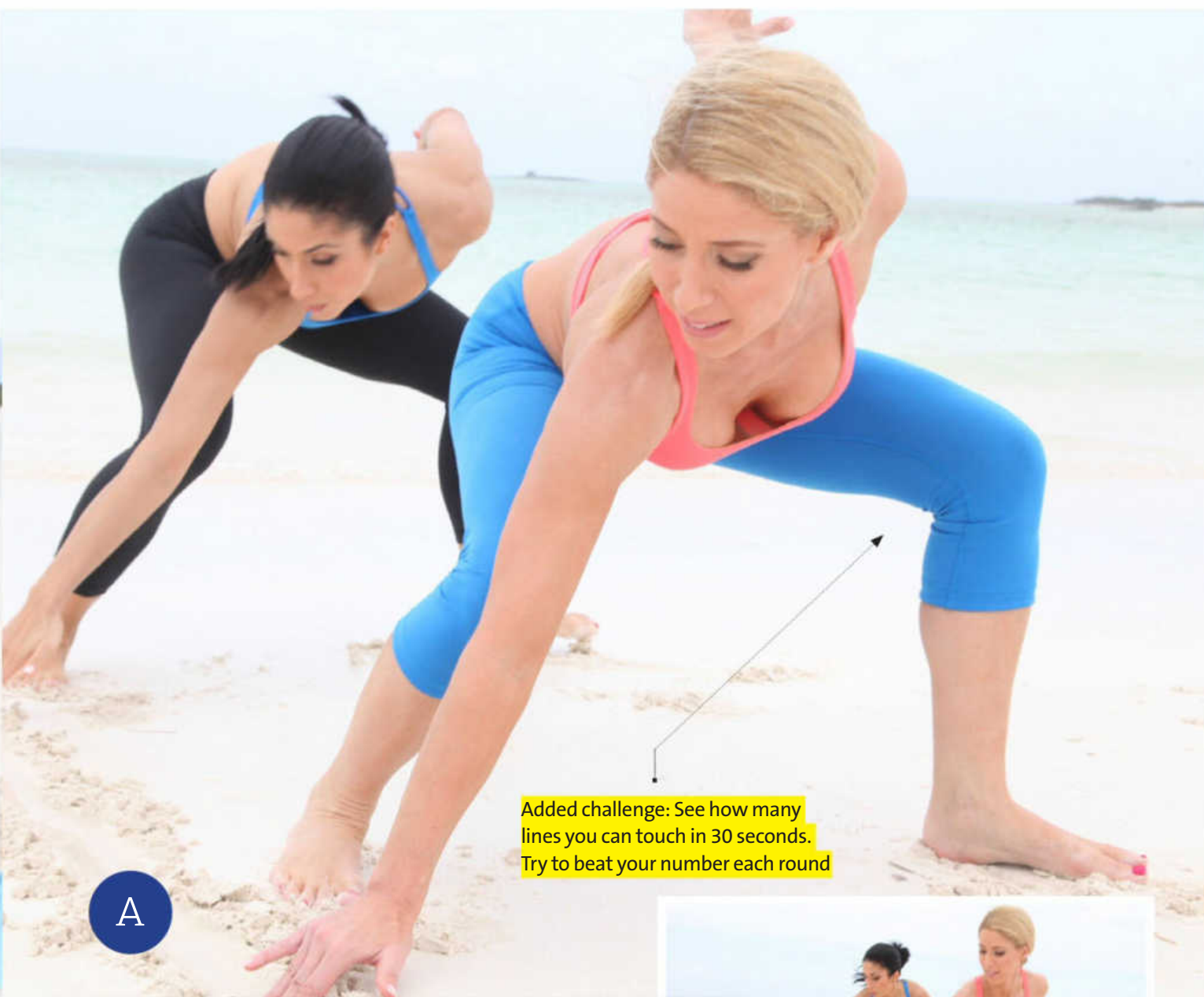
Forearm to High Plank

SET-UP: Start in the high plank position.

ACTION: Lower yourself one arm at a time until you are resting on your forearms. Return back one arm at a time to the high plank position. Keep your body in a straight line and don't let your hips sag or bum point up in the air. Contract your abdominals the whole time. Repeat for 30 seconds.



Lower yourself one arm at a time until you are resting on your forearms.



Sprint Lines

SET-UP: Draw four lines in the sand. Make them about one and a half to two metres apart and horizontal to each other. We'll refer to these as line 1, line 2, line 3 and line 4.

ACTION: Sprint from line 1 to line 2, bending down to touch each line as you reach it. Now sprint from line 1 to line 3 and back to line 1. Finally sprint from line 1 to line 4 and all the way back to line 1 again.



FATIMA LEITE KUSCH

Fatima is a fitness advisor, WBFF Pro fitness model, champion competitor, certified sports nutritionist and trainer. She has earned two pro cards and one world title as a fitness competitor. She is the visionary behind Team Blessed Bodies and FitnessPrint. Fatima's mission is to empower women 365 days of the year, helping them reach their health and fitness goals and break down barriers that are holding them back. To learn more about Fatima's consultation, nutritional programs and fitness training packages visit www.fatimaleitekusch.com or www.fitnessprint.com.



Reclaim your *radiant* *summer body*

GET YOUR BIKINI CONFIDENCE BACK
WITH SMART AND SIMPLE NUTRITIONAL
KNOWLEDGE – NO FAD DIETS NEEDED!

BY BELINDA POTTER



Longer days, sunshine, short shorts and the great outdoors – what's not to love about an Aussie summer? Well, you'd be excused for feeling less than enthusiastic if you've been hiding your body beneath layers of clothes and woolly jackets, and it's certainly not uncommon to pack away a little extra winter 'padding'. But, the thought of reclaiming your body – or more importantly, reclaiming your vibrant health in time for summer – shouldn't result in mild heart palpitations and there's absolutely no need to resort to the latest fad diet. With just a little common sense and nutritional know-how – you'll be rocking that teeny-tiny bikini without a care in the world. Let's get to it: ▶



Eat Right for Your Type

Generally speaking, we all sit somewhere along a sliding scale of body types, more accurately these are termed 'somatotypes'. While very few of us fit perfectly into just one of these categories, our physical characteristics can provide us with valuable information about our metabolism, hormonal profile and body's preferred fuel source or macronutrient profile. But what does that actually mean in practical terms and how should it affect our food choices?

Ectomorphs are characteristically fine boned and naturally lean. Think of your typical long distance runner or hard-gainer in the gym, or your BFF that can go back for thirds at the buffet and still not gain a kilo! This body type is linked to a fast metabolic rate and a relatively high tolerance for carbohydrates.

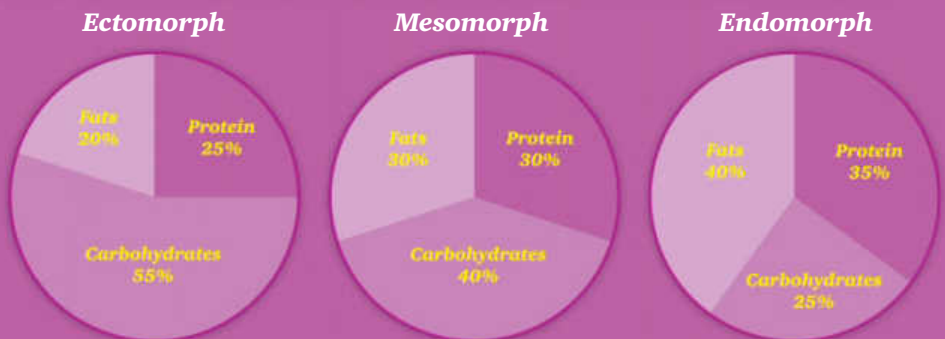
Mesomorphs are characterised by an athletic looking body shape. They gain muscle easily and naturally have less body fat. Think of your typical figure athlete who stays close to contest shape all year round. This body type typically does best on a balanced diet of fats and carbohydrates.

Endomorphs typically have a larger structure with naturally higher body fat, and in trained individuals, higher muscle mass. This body type needs to keep the closest watch on diet and exercise adherence to see results. Think of your girlfriend who complains of just walking past a bakery and gaining five kilos! She'd make an awesome power lifter, but that isn't likely to be the look she's going for. Endomorphs respond best to a lower-carbohydrate diet and an emphasis on higher fats.

Where's the protein you ask? It goes without saying that good quality protein is the cornerstone of any training girl's diet and should make up around 25 to 35 per cent of your total nutritional intake for the day, keeping in mind that your body does not store proteins and amino acids (there is a constant turnover of protein) but adequate fats and carbohydrates will have a protein-sparing effect.

BREAK UP OF MACRONUTRIENTS BY BODY TYPE

"Our physical characteristics can provide us with valuable information about our metabolism, hormonal profile and body's preferred fuel source or macronutrient profile."



Reference: Berardi, J & Andrews, R 2010, *The Essentials of Sport and Exercise Nutrition*, Precision Nutrition, Inc.

Redefine 'Superfoods'

The term 'superfood' was first coined in the 1990s and celebrity doctors and supplement companies have been cashing in ever since to convince you to buy their product. Sure, some foods may be higher in certain nutrients than others

but unless you have identified a specific deficiency then why are you playing favourites? The simple message is eating lots of fruits and vegetables in general can regulate your metabolism, reduce inflammation, control blood sugar, improve

digestion, remove toxins and help reduce your risk of certain diseases. Every year the Environmental Working Group (EWG) updates their list of 'Dirty Dozen' and 'Clean Fifteen' fruits and veggies to help you decide whether or not

to buy organic based on those foods that have the least amount of pesticides – spend wisely. By turning your plate into a rainbow, you'll effortlessly see the benefits to your waistline and your health.

Manage Your Insulin

Managing your insulin is good for overall health, but it's crucial if weight loss is your goal. In order to burn body fat you need to understand the relationship between insulin and glucagon – they work like a seesaw, when one is high the other is low. But what do they do? We know that after a high carbohydrate meal, your pancreas secretes insulin to shuttle the glucose out of your bloodstream and into your liver, muscles and fat cells. Between meals or when we eat foods that don't elicit a high-insulin response (i.e. fibrous carbohydrates) then glucagon works in reverse and does its job of breaking down stored carbohydrates and releasing them back into the bloodstream for the body to use as energy. So, in order to utilise stored body fat (carbohydrates that your body has converted to triglycerides and kept in reserve) you need to manage your insulin and optimise glucagon. Does that mean that everyone should be following a low-carbohydrate diet? Not at all. This is where you need to eat right for your type (re-read above) and experiment with consuming your starchy carbohydrates later in the day.

Eat Seasonally

And locally if possible! Eating fresh fruit and veggies that have been harvested in peak season is like a party for your palate and packs a powerful nutrient punch to your plate. Consider the integrity of the food that you eat. How was it grown? When was it harvested? How far has it travelled? In some cases, this

may be halfway across the world. We have become spoiled to think that we can have whatever food we want all year round – but it's hard to get enthusiastic about eating pale, limp and tasteless food. At each step of the way – picking, packing, chilling, storage and transportation – foods are losing their moisture, flavour

and nutritional value. If you don't have time to chat with your green grocer about his apples, then a great investment in time and money is to purchase a weekly fruit and veggie box from your local wholefoods store. You can have these delivered to your door in every major city and most regional areas of

Australia – like your very own Master Chef mystery box! From experience, an added bonus to purchasing your produce this way is that you'll often find something new to expand your recipe repertoire in the kitchen and you'll be keeping your dollars local!

Finally, Forget the 'Food-like' Products

The number one misconception that I see with clients is a lack of understanding about the power of 'real food'. Next time you push your trolley around the supermarket, zigzagging backwards and forwards past the packets of this

and boxes of that – ask yourself, is this really food? Sure, there's a 'nutritional panel' listing calories and macros, some will even try to convince you that the added vitamins and minerals are healthy for you. That's scary! Where did they go

in the first place? Real food should have a relatively short shelf life, it should require little processing (think paddock to plate), and it should be nutrient-dense. Real food shouldn't outlive your cat, it shouldn't require a scientist to fiddle with it to make it

palatable, and it shouldn't be void of calories or, to the other extreme, be chocked full of empty calories that leave you overfed yet undernourished. Remember, there are between 50 to 75 trillion cells in the human body. Your cells are

dying and being replaced all of the time. Depending on the science, you are a new version of you every seven to 10 years, so it makes good sense to consider the raw material being used by your body to regenerate each and every cell, and eat accordingly.

So, there you have it – clear skin, glossy hair, svelte curves and boundless energy literally rest on the end of your fork. So eat up beautiful, it's time to radiate your summer glow all the way from your cells to your skin! ●

It's time to get sun smart

SUMMER IS HERE AGAIN AND WHILE IT'S A GREAT TIME TO ENJOY THE SUNSHINE, WARM TEMPERATURES, BACKYARD AND BEACHSIDE GET-TOGETHERS AND FREQUENT OCEAN SWIMS, THERE ARE SOME THINGS YOU NEED TO KEEP IN MIND TO KEEP YOUR SHORT-TERM AND LONG-TERM HEALTH IN TIP-TOP SHAPE.

VITAMIN D

Vitamin D is essential to keep our bones and muscles strong, healthy and happy. It forms in the skin when we're exposed to UV from sunlight and can be obtained from some foods too. The best source of vitamin D is UV-B radiation, which comes from the glorious sun. UV radiation levels vary depending on location, time of year, time of day, cloud coverage and the environment.

For most of us Aussies, adequate vitamin D levels are reached through our regular daily activities. During summer, we can actually maintain adequate levels from just a few minutes of exposure to sunlight on most days of the week on either side of the peak

UV periods (the middle of the day when UV levels are most intense).

SUN PROTECTION

When the UV Index is three or above, the majority of us Aussies need sun protection. UV radiation levels in northern states are higher than southern states, so in some parts of Australia, sun protection is needed all year round at certain times of the day. To check UV levels and the times sun protection is required you can look at the SunSmart UV Alert on the Bureau of Meteorology website www.bom.gov.au.

SUN DAMAGE

Australia has one of the highest rates of skin cancer in the world – yes, IN THE WORLD.

Anyone of us can be at risk of developing skin cancer and the risk actually increases as we get older. Plus, the majority of skin cancers in Australia are caused by exposure to UV radiation in sunlight.

While us Aussies are known to be sunshine lovers, sunburn has been associated with melanoma, the most deadly form of skin cancer. In Australia almost 14 per cent of adults, 24 per cent of teenagers and eight per cent of children are sunburnt on summer weekends too! Sun exposure that doesn't result in

burning can still damage our skin cells and increase our risk of developing skin cancer – so just because you didn't get burnt, doesn't mean lengthy sun exposure is good for you.

Contrary to popular belief, a tan is actually not a sign of good health or wellbeing, despite many of us Aussies referring to a "healthy tan". A whopping 50 per cent of us still hold the misguided belief that a tan looks healthy too! The only healthy tan is a spray or fake tan, but don't think this type of tan protects against UV radiation – it certainly does not!

Scary Stats

If you're still not convinced you should give up tanning or get sun smart this summer, here's some more stats for you:

An estimated **126,800 new cases of cancer** will be diagnosed in Australia this year, with **that number set to rise to 150,000 by 2020**.

1 in 3 Australian women will be diagnosed with cancer **by the age of 85**.

Cancer is a leading cause of death in Australia – **more than 43,000 people died from cancer in 2012**. Cancer accounts for about 3 in 10 deaths in Australia.

Top Picks For Sun Protection

Suntivity Ultra Light LOTION

This specific light, oil-free and broad spectrum sunscreen lotion is fast-absorbing and great for very sensitive, oily, or sun-sensitive skin. Suitable for the body and face, it offers very high protection with SPF 50+. It's four hours water-resistant, non-sticky and free from parabens, fragrance and emulsifiers.

www.suntivity.com.au

The Salty Merchants Boutique Brollies

Made from highly UV-, water- and mould-resistant materials, these umbrellas will keep you sun-safe in style this summer. Inspired by original designs from the 60s and 70s, the brollies recreate Australian originals and have been tested to withstand the heat of the Aussie summer. They are strong and smooth to handle and pop into a sturdy, amazing shelter full of colour.

www.thesaltymerchants.com

Sun Runner LS

Lululemon's stylish long-sleeved shirt is perfect for enjoying a workout or run outside while staying sun smart. Their Warpstreme fabric is four-way stretch and has a UPF of 50+ to help protect against strong rays. Mesh fabric panels deliver extra ventilation so you can work out comfortably.

www.lululemon.com.au

Scunci Active Visor

The Scunci Visor offers the best of both style and sun protection, being your SPF's new best friend. Perfect for pounding the pavement, chilling by the water or to complement your beach babe bikini look, this visor is made of comfortable, durable and breathable fabric that will protect your precious skin.

www.scunci.com.au

YOUR SUN SAFETY GUIDE

For best protection, the Cancer Council Australia recommends a combination of sun protection measures:

- ☐ **SLIP** on some sun-protective clothing that covers as much skin as possible.
- ☐ **SLOP** on broad spectrum, water-resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- ☐ **SLAP** on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.
- ☐ **SEEK** shade.
- ☐ **SLIDE** on some sunglasses – make sure they meet Australian Standards.



All information in this feature has been provided by the Cancer Council Australia. If you'd like more information on anything to do with cancer or sun protection, please visit www.cancer.org.au

With an understanding of what being conscious is and how powerful it can be, there is no turning back.

CONSCIOUS AND AWARE

BY GREG DOLMAN

FROM MY EXPERIENCE, BEING CONSCIOUS AND AWARE REALLY CHANGES OUR PERCEPTION OF EVERYTHING WE DO, OR CAN POSSIBLY DO. ONCE WE BECOME CONSCIOUS OF SOMETHING, THIS NATURALLY HEIGHTENS OUR AWARENESS - AND HAVING THIS AWARENESS CERTAINLY HAS THE POTENTIAL TO KEEP US IN THE MOMENT.

PHOTO CREDIT: SHUTTERSTOCK.COM

IF YOU HAVE FOLLOWED ANY OF MY PREVIOUS ARTICLES, YOU WOULD SEE THAT THERE IS A PRETTY CONSISTENT RULE THAT I FOLLOW. THIS IS THE RULE OF BEING IN THE MOMENT. IF WE'RE NOT LIVING 'IN THE MOMENT' DURING OUR EVERYDAY LIVES, THEN IT IS MOST LIKELY WE ARE EITHER LIVING IN THE PAST OR THE FUTURE. NEITHER, IN MOST CASES, WILL ASSIST US TO MOVE THROUGH OUR LIFE WITH EASE.

PHOTO CREDIT: SHUTTERSTOCK.COM

An example of a positive future vision would be the person who is out with friends drinking and has a brief thought of what could possibly happen if they had another drink and drove. This option would tell us that there is the chance of being pulled over for a random breath test (RBT), which could mean a loss of licence and other consequences. Or worse, there could even be a fatality. So the outcome would be to make a conscious decision to not take such a big risk and act accordingly.

The negative future vision of the same scenario would be that the person assumes that nothing out of the ordinary will happen. They will not get caught by the RBT because they will take the back way home. They are a good driver anyway, so getting home is not a drama. How many times have we heard some one say "I don't

remember how I drove, or got home"?

So a conscious thought process in either example starts from being in the moment and then turns to the possible future outcome. The individual's awareness of exactly what they are doing either takes over and keeps them in the moment, or their awareness starts to fade.

What about those of us who tend to keep a fair bit of our thoughts in our past? Is this beneficial for us?

The reality is that our past is set in stone and cannot be changed. Focusing on something that we can not change is just a waste of time and precious energy. So why do so many of us focus on the past? Most likely because we

are looking for the lessons that we can take away from our past experiences.

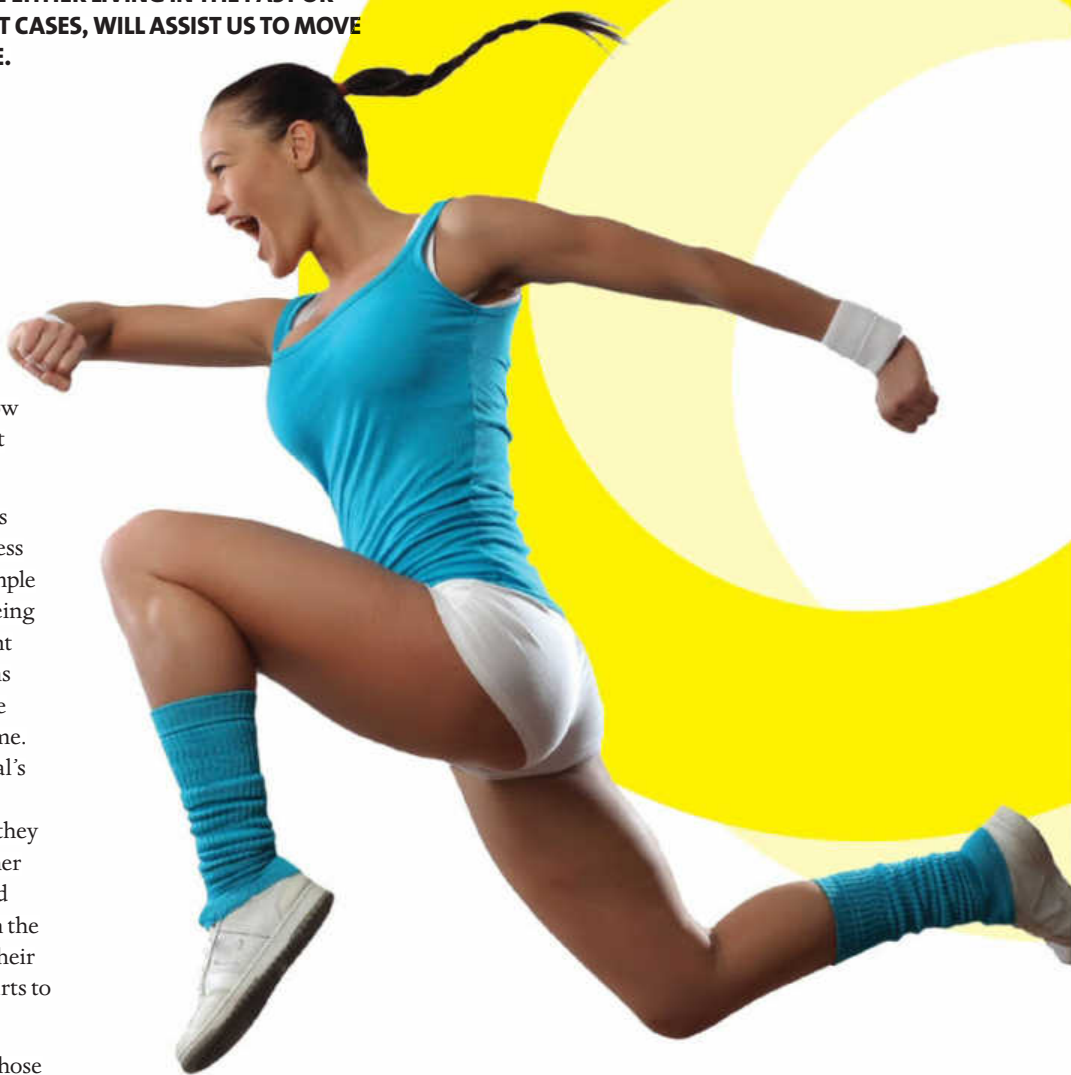
If we can live and learn from our past experiences, then this can possibly save us from repeating our past mistakes, which will in turn simply save us from stressing further down the track.

But if we live in the past with our memories, we tend to get stuck thinking about **something that** we can't change. Where does this leave us? Stressed!

If we were to really have a look inside our head, from a layman's perspective, we would see that we view everything

in our mind's eye in pictures. When we think of something that has happened in our past, we recall the internal vision we **have** and 'replay the movie' that we experienced. ▶

There are many of us who really do **get stuck in the past or future** and this is where our stress starts!



The same goes for when we 'forecast the movie' that we think may or may not happen. We generally try to imagine what people will say or do, how these people will act and what the final outcome will be.

There are many of us who really do get stuck in the past or future and this is where our stress starts! Once we have a conscious understanding of what we are doing to ourselves by living in the past, or future, then this is when our awareness steps up.

It is almost like our own inner security system, alerting us to those times when we might have briefly switched back to our old patterns. This

process is an ongoing sequence of events triggered by our awareness. Being in a high state of awareness regarding what we do

on a daily basis can be tiring for those who feel that they are constantly switched on. These same

people tend to get overly analytical about a large percentage of what they do or should do. Being a perfectionist is an example of someone who is fully aware of their capabilities but is challenged at times as to what could be improved and how.

A perfectionist who is both conscious and aware will generally admit to getting quite stressed in certain scenarios,

Once we become conscious of something, this naturally heightens our awareness - and having this awareness certainly has the potential to keep us in the moment.

purely by things just not going or being right. This is the case for me and I have to switch off in certain situations or I will do my own head in with frustration. However, my awareness of this impending frustration is a great assistance to dealing

with any negative emotions that may look like surfacing.

Every day in the gym I see people fully

conscious and aware of where they are, compared to those who are physically in the gym but consciously somewhere else. We have all been guilty of this from time

to time. If we are doing an exercise that doesn't require much conscious thought, then we will more than likely allow our mind to go to another place to reside. This is where the past and future start to creep back in.

The unconscious exerciser will more than likely open themselves to injury because they will not be aware if there is a muscle imbalance, and may strain a bit too much due to the lack of conscious understanding within their body.

I have spoken with many people who have hurt themselves exercising and they observed something wasn't right just before they got an injury. If these people had really been conscious and aware of what their body was doing, then there is a good chance that they may have not injured themselves.



HOW TO STAY CONSCIOUS & AWARE IN LIFE & AT THE GYM

1

Stay in the moment and feel which muscles are working through every rep of every set.

For example, a biceps curl. The conscious exerciser will feel the biceps work in its full range of motion from the muscle stretching through to the maximum contraction. This type of attention to training really keeps the exerciser in tune with how much more the biceps can or cannot take.

2

Remain really aware of how your body feels when doing certain movements. A couple of questions we might ask ourselves could be:

- Are there any unusual aches or pains that haven't been there before?
- Are these aches/pains due to a new exercise protocol?
- Should I check in with the appropriate specialist just to be safe?

Just being aware of the above questions puts us in a better place!

3

Pay attention to body language and tone of voice when interacting with others.

Remaining aware of how other people are responding to us can allow us to assess our own behaviour. If we are aware of how our behaviour may impact another person either before we say something, or during a conversation, this could possibly change the outcome.

There are many different examples I could use for this article, so I trust that the ones in here may assist the reader to gain a brief understanding of what it means to be conscious and aware. If the reader uses the tips provided, then this would be a great start to tuning in to all that is going on in our life and give a brief understanding of how being conscious and aware can impact all areas of our lives. ●



The 'All Year Round' BANGING BIKINI BODY NUTRITION PLAN

LEARN **HOW TO EAT FOR LIFE**, NOT JUST FOR A 'SUMMER BIKINI BODY'.

BY EMMA WILLIAMS

The first thing that appears when you type 'summer body' into Google is things like 'four-week diet to a killer summer body' and 'bikini body 30-day countdown'. These types of agendas focus on strict dieting and exercise regimes that usually leave people feeling lethargic and undernourished.

On the flip side, the first thing that springs to my mind when I think of

summer is glowing skin, picnics at the beach and all the delicious, fresh foods that can be shared with family and friends on those warm summer evenings.

As an accredited practising dietitian, I encourage people to eat for life, not solely for summer. Nutrition is all about eating to stay happy and healthy and can have a huge impact on how well you feel, how much energy you have and how in shape you stay.

Admittedly, most of us would also like to have a trimmer figure to fit into that itty-bitty bikini. So in order to manage your weight but also have more energy, help delay the effects of ageing and boost your mood, here are some handy hints to follow not only in those warmer months, but all year round.

“Nutrition is all about eating to stay happy and healthy and can have a huge impact on how well you feel, how much energy you have and how in shape you stay.”



Have a positive attitude towards food:

Rather than focusing on the foods that you shouldn't eat, focus on the taste-bud-tantalising foods you CAN eat. What can beat a juicy mango or sweet watermelon, a crisp green salad or a perfectly cooked piece of fish?

Moderation is key:

You will hear this again and again but don't put pressure on yourself to eat 'perfectly' all the time. Eating well involves a good balance. If 90 per cent of what you eat is nutritious, then allow the remaining 10 per cent to be a treat or indulgence.

Just don't indulge TOO much:

It might be hard to knock back that extra cocktail by the pool, but if a 'bikini body' is really what you're after, alcohol is your worst enemy. Too much alcohol can lead to weight gain, as gram for gram it has almost twice the kilojoules of either carbohydrate or protein.

Remain hydrated:

Living in Australia, we all know too well how fast the mercury can rise. The body requires 35-45 millilitres of fluid per kilogram of body weight per day. So if you weigh 65kg, that's at least two to three litres of water per day. Water is the best thirst quencher there is and you can spruce it up with a few lemon and lime wedges to make it more enticing and help give your skin that sultry summer glow.

Clean the pipes:

Something that most of us don't get enough of is fibre. A recent study in The Journal of Nutrition claimed that you can prevent weight gain or even encourage weight loss just by eating more fibre. Researchers followed the eating habits of women for nearly two years and found that those who increased their fibre intake generally lost weight. Over the duration of the study, it was found that boosting fibre by eight grams for every 4000 kilojoules resulted in about 2.5 kilograms of weight loss. Try it for yourself. If you're consuming 8000 kilojoules per day, aim to increase your fibre by 16 grams.

One easy way of doing this, especially in summer, is by loving those veggies! Vegetables and fruit contain an array of vitamins, minerals and natural antioxidants with very few kilojoules. They are what dietitians refer to as 'nutrient-dense' and contain lots of fibre. Summer is the perfect time to whip up a simple salad or devour a bowl of fruit.

Most importantly, aim for a healthy weight. Focus on eating for life, rather than for summer. Eating the right types of foods, in the right amounts, and regular exercise

will help ensure a healthy weight. My recommendation is to steer clear of fad diets that promote rapid weight loss, as this cannot be sustained. Diets do nothing to

re-educate your eating habits and are usually nutritionally unbalanced.

'Healthy' comes in many shapes and sizes. Always remember that

confidence is the best thing you can wear, so no matter what your size, flaunt your stuff in that summer swimsuit and be proud of the person you are. ●

**EMMA WILLIAMS**

Emma is an accredited practising dietitian who is passionate about encouraging freedom from diets through the power of real food. Emma teaches people how to eat real, healthy foods in a way that is scientifically proven to prevent disease and maximise health and wellbeing. By recognising that every client is different, she tailors strategies to individuals in order to maximise success. Emma shows that it is possible to make healthy choices anywhere and anytime without feeling like you are missing out.

Your SUMMER GLOW guide!

SIMPLE TIPS FROM THE EXPERTS
THAT WILL HAVE YOU LOOKING
AND FEELING GORGEOUS THIS
SUMMER.

BY JENNIFER STEYN AND LISA LEE



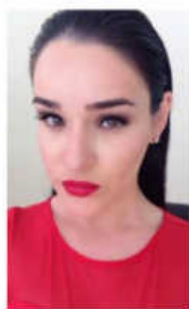
Summer is just around the corner and we all know everyone is trying to get a perfect bikini body to look good and feel good. But how well are you taking care of your skin?

While maintaining a healthy diet and exercise routine can keep your skin looking fresh and vibrant from the inside out, it is also important to use products that may help

improve and maintain that natural healthy glow.

Spending long hours in the sun to get a summer glow will just do damage to

your skin, so ditch the lengthy hours of UV radiation and follow our step-by-step guide. We're here to help you achieve a flawless complexion so you'll be glowing this summer.



JENNIFER STEYN

Jennifer is a freelance makeup artist based on the Gold Coast. She has always had an enthusiasm for makeup artistry and is determined to share her passion and knowledge with others. Jennifer attended Napoleon Perdis Makeup Academy in Brisbane in 2012 and achieved a certificate of excellence in fashion, glamour and bridal makeup artistry.

Jennifer now specialises in fitness, bridal and glamour makeup, working with cover models, leading fitness and physique athletes and at fashion events. You can connect with Jennifer on Instagram: Jensteyn or Facebook: FlawlessExpressionmakeup



LISA LEE

Lisa is an internationally qualified makeup artist and hair stylist based on the Gold Coast. She specialises in commercial, magazine editorial, fitness, fashion, film and television, photo shoots, runway and special occasions. Makeup artistry is something Lisa has been passionate about ever since she was a young girl. She is known for her great attention to detail and has extreme pride in her work. You can connect with Lisa through on Instagram: LisaLeeMua, Facebook: LisaLeeMua or visit her website:

www.lisaleemakeup.com

EXFOLIATE

Exfoliating removes dead skin cells on the surface that causes skin to feel dry, dull and lifeless. By lifting the dead skin cells you can reveal a brighter complexion and even skin tone



Tip: Use a facial brush for a deeper exfoliation.

Tip: Use an exfoliating glove for your body.



Tip: If you want your tan to be long-lasting, exfoliate prior to application.



face
body

MOISTURISE

After you have exfoliated, prep your skin with a moisturiser to ensure your skin is hydrated. Different lotions and moisturisers are formulated to suit different skin types,

so when choosing what's right for you, make sure you determine your skin type whether it's normal, dry or oily.

Tip: Drink at least eight glasses of water a day. If you find drinking water is too bland, try infusing your water with your favourite fruits and veggies!

Tip: Make sure you include SPF into your skin care routine to protect your skin from the sun and premature ageing.



CHOOSE YOUR FOUNDATION

Picking the right foundation can be really tricky as our skin tones change throughout the year with the seasons. But there are ways to find the right colour for you.



Find your undertone

First determine if your complexion has warm (yellow), cool (pink) or neutral undertones. One trick is to look at the veins in your

wrist, if they look purple or blue, you have a cool undertone; green or olive you have a warm undertone and if they're a mix of both then

you have a neutral undertone. Once you have figured out what your undertone is, finding your right shade will be much easier.

Different Types of Coverage

Sheer: Minimal coverage and invisible finish

Creamy: Light to medium coverage

Glowing/Luminous: Creamy with extra shine

Velvet: Sheer translucent finish (buildable coverage)

Heavy: Creamy, dewy or matte finish (great for covering scars and blemishes)



Tip: To test if a shade is right for you, swatch the colour on your chest to make sure your face matches your overall complexion. This also applies if you're wearing fake tan. Always make sure you go out into natural lighting to see if it matches too, because lighting can be deceiving!

FAKE TAN

Fake tan is a great option for those who want their skin to look tanned but don't want the damage associated with excessive sun exposure.

Tip: Since most fake tans have an olive/golden undertone, stay away from any foundations with pink undertones as this can make you look ashy.

DIY: Mix up bicarbonate soda with water to create a paste. Apply the paste on your body and leave it for 20 minutes before you scrub it off.



St. Tropez
Available at Priceline
RRP: \$39.99



Bondi Sands
Available at Priceline
RRP: \$19.95

Tip: Moisturise your hands, elbows, knees, feet and nails with Vaseline before application to avoid any dark patches.

Removing your tan

As much as we would love to have our tan last forever, unfortunately all good things must come to an end... especially when you are left with those awful streaks and strap marks! There are a number

of ways to remove fake tan but here are our top tips:

Exfoliate, exfoliate, exfoliate! Every morning focus on the areas that are prone to getting patchy and dry.

After a hot shower, apply baby oil all over your body and gently rub it in circular motions with a face cloth.

Make sure you moisturise afterwards so your skin doesn't dry out.

GET THE 'SUMMER GLOW' LOOK!

Picking the right foundation can be really tricky as our skin tones change through out the year with the seasons. But there are ways to find the right colour for you.

Tip: Dab a small amount of lip balm on your eyelids for a beautiful sheen.

1. Instead of a foundation, opt for an oil-free tinted moisturiser.

2. Conceal under the eyes using a concealer of choice and blend out with a sponge, brush or your ring fingertip.

3. Use a cream blush on the apples of the cheeks, apply with a brush or your fingertips. A burst of pigmented cream colour for both the lips and cheeks can brighten up any beauty look.



Jen's pick

Bobbi Brown Pot Rouge
Available at Myer, David Jones & Mecca
RRP: \$45

4. Bronze up your skin to give it more warmth this summer. Use a colour two shades darker than your skin and with a fluffy brush go along the perimeters of your face to give it more depth and dimension.

5. Highlighting is very important for a sun-kissed look. Add highlight to the highest points of your face e.g. brow bone, tops of cheekbones, bridge of nose, cupid's bow and chin.



Lisa's pick:

Mac Mineralized Skin Finish "Soft & Gentle"
Available at Myer, David Jones & the Mac store
RRP: \$47

6. Curl your lashes then use a waterproof mascara to prevent any smudges and to keep your curl lasting all day.

7. Finish off the look with a glossy lip balm of choice to keep your lips looking plump and hydrated.

8. Use a setting spray to ensure your summer glow lasts all day. We highly recommend the Urban Decay All Nighter Long-Lasting Makeup Spray. This high-tech makeup setting spray keeps makeup looking fresh for up to sixteen hours.



Urban Decay All Nighter Long-Lasting Makeup Spray
Available at Mecca
RRP: \$21-\$45

SUMMER BEACH HAIR

Ever wondered how to achieve an effortless beachy hairstyle during the summer? To complete your summer look, are our tips and tricks of the trade to leave you looking chic all day long.

- **If your hair is feeling a bit greasy, spray dry shampoo into the roots and let it sit for a couple of minutes to absorb any oil.** Then, massage your scalp with your fingers to give volume.
- **To create heatless waves, towel dry your hair before bed after you have washed it (or dampen dry hair), put it up into two buns or a braid and secure with hair ties.** When you wake up the next morning, let your hair down and you'll be left with loose, beachy waves.

TIP:
Spray it all over your hair for a glossy finish.



Jen's pick:

Sunsilk Straight Perfection Gloss finish serum spray
Available at Giant Chemist
RRP: \$2.95

TIP:
Shake the bottle and spray into the ends of hair for a textured look.



Lisa's pick:

Toni & Guy Sea Salt texturizing spray
Available at Priceline
RRP: \$15.99

DIY: Make your own sea salt spray by mixing together 2 cups hot water, 1 tsp salt, 1 tsp coconut oil and 1 tsp hair gel. Shake it all together and spray in the ends of hair.



Detoxification For Cellulite

TIPS TO GET RID OF THE DIMPLES, LUMPS AND BUMPS.

BY MATT LEGGE



WHAT IS CELLULITE?

Cellulite is the lumpy, bumpy, dimply fatty tissue that can be seen on people's hips, thighs, buttocks, lower back, lower abdomen and backs of the arms.

But what is it exactly? Cellulite is a combination of things happening within the first few millimetres under the surface of the skin.

Fat storage sites under the skin are held in small compartments made of connective tissue, elastin and collagen. When these fat cells swell as they fill up with fat and toxins, the connective tissue compartment is supposed to be able to hold the fat

cells in an organised compartment. Between the fat and the skin is a layer called the dermis that is supposed to be full and plump and spongy enough to hide any changes in the fat layers beneath.

Cellulite happens when the fat cells swell and the connective tissue compartment cannot contain the swelling fat cells and some of the bands snap under the pressure. This causes areas where the fat cells explode up and out of the compartment causing a bump on the skin surface. When the area where the connective tissue has lost elasticity

but hasn't snapped and is still pinned down, this creates a trough or dimple.

When this is combined with lack of dermal collagen integrity these changes are not hidden by the plumpy dermis and the subcutaneous changes are reflected on the surface of the skin as dimples, lumps and bumps.



WHAT CAUSES CELLULITE?

There are two main causes for cellulite:

1. Fat cells over full; or
2. Weak dermal connective tissue, collagen and elastin.

OVERFLOWING FAT CELLS

The fat cells in the areas associated with cellulite are particularly sensitive to the hormone estrogen. These fat cells can utilise estrogen very efficiently to hold onto fat and fluid and even make more estrogen to make more fat cells. This is a vicious cycle whereby the actual cellulite fat makes estrogen and that estrogen is used to make more cellulite. This biochemical trap could have started with excessive fat cells, obesity or from exposure to excessive estrogen from pollutants, plastics, genetics, contraceptive pills, HRT etc.

WEAK COLLAGEN

Did you know that cellulite is a side effect of having a period? Not fair I know, so let me explain. On a monthly cycle your body will tell immune cells to break down the collagen that holds the period in so that you can shed the endometrium and have a period. These immune cells work all over the body to break down collagen. This process will result in a monthly destruction of collagen all over your body including the dermal collagen that controls the fat cells under the skin, the collagen that plumps lips and keeps cheeks and chin up and tight. So getting a regular period will predispose to premature destruction of collagen and cellulite.

Other forms of oxidative stress and inflammation like smoking, toxic exposure, excessive sugar consumption will also degrade collagen.

Detoxification plan for cellulite

Efficient estrogen elimination

Brassica species and related plants contain compounds that can help to efficiently clear estrogen from the body so it is less likely to be reabsorbed and stored in fat cells. E.g. broccoli, broccoli sprouts, kale, spinach, radish, watercress, cabbage and cauliflower.

B vitamins in particular folic acid, B12 and B6.

Fibre to hold and catch the toxins in the bowel for efficient elimination.

Kelp and seaweed contains compounds that help to keep estrogen locked up in bowel for elimination and prevent reabsorption.

Enhance circulation

Massage will improve blood flow and remove fluid and lymphatic congestion.

Dry skin brushing using a vegetable bristle brush of luffa.

Massage in topical body-shaping serums that combine caffeine with other fat-mobilising compounds like forskolin to improve circulation and help liberate the stored fat globules causing the swelling.

Move fluid

Make a paste out of Australian bentonite clay powder. Paint on and allow it to dry before washing or dry skin brushing off the dry dust. This will have a fast tightening and dehydrating effect.

Antioxidants to protect dermal collagen

Turmeric, lycopene, green and white tea, rosehip, silybin/silymarin protect dermal connective tissue from becoming brittle and breaking too easily.

Regenerate collagen

Vitamin C and bioflavonoids rutin, quercetin, luteolin help to improve dermal collagen integrity.

"You are what you eat" so eat more collagen from green lipped mussel, chicken sternum/cartilage, tripe, and hydrolysed collagen supplements. ●

MATTHEW LEGGE



Matthew Legge has 17 years clinical experience as a naturopath, medical herbalist, food therapist and sports injury management - specialising in fatigue, immune, hormonal disorders and natural performance enhancement for elite athletes. Matt is highly regarded in the healthcare industry having created education and training material for healthcare professionals, formulating new products and ingredients to the marketplace from concept to finished product and predicting future trends. Matt is currently Head of Research and Development at ATP Science, responsible for new product development and new product formulations backed by scientific evidence.

Tackle YOUR TRICEPS

Build your biggest little muscle

WRITTEN AND DEMONSTRATED BY SASHA CARBERY | PHOTOGRAPHY BY DALLAS OLSEN | HAIR AND MAKE-UP BY JENNIFER STEYN

SASHA HAYLEY CARBERY

Sasha is a Central Coast (NSW) personal trainer who runs an all-females boot camp. Not only does she love helping change peoples' lifestyle but she also loves seeing the happiness and fulfilment that it brings to each and every one of her clients. Sasha lives and breathes fitness and the healthy and holistic lifestyle brings to her life. She has been training for over four years now and in that time she has been able to sculpt her body by introducing weight training and learning about nourishment through the right foods. She is a firm believer in having a healthy and balanced diet and still allows herself to have all the food groups, but with portion control.

Triceps are one of my favourite body parts to train! Not only is it fun but you get to build, shape and strengthen them – which results in nice toned arms!

Did you know that triceps are responsible for most of the pushing movements your arms do? They are also the larger and stronger of the two upper arm muscles – hence why it's so important to train them at least once a week.

I will always dedicate a full workout to my triceps and use heavy weights. I also include at least two supersets with drop setting to really feel the burn.

When training your triceps don't get comfortable using the same weight each week. Your triceps are a strong muscle that needs heavy resistance to sculpt and define them! ▶

The workout

Exercise	Reps	Sets
Bodyweight Dips	15	4
Skull Crushers	10 – 12	4
Single-arm Dumbbell Extension	10 each arm	4
Triceps Cable Pushdown	12 – 15 reps	4
Single-arm Dumbbell Kickback	10 – 12 each arm	4
Cable Rope Overhead Extension	12 – 15 reps	4





TRAINING TIP: Put a 5kg weight plate onto your lap while performing the dips for extra resistance, slow your tempo down to really add tension and feel the burn.



Bodyweight Dips

Set-up: Place a bench behind your back and bring your hands close to your body, extend your arms. Keep your legs straight out in front with one foot placed on top of the other.

Action: Slowly lower your body as you inhale by bending your elbows until you reach at least 90 degrees. Then lift your chest up and push yourself back up into starting position.



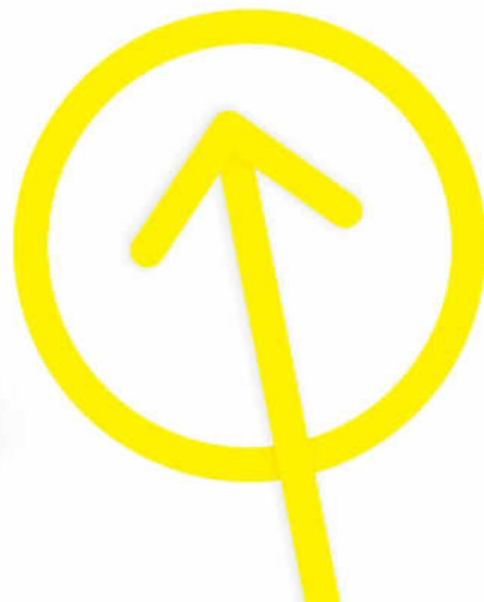
Skull Crushers

Set-up: Lie flat on a bench with your legs either on the bench or flat on the ground. Hold an EZ bar above your chest with a close grip, your arms should be vertical to the floor.

Action: Keep the upper arms stationary and lower the bar by allowing the elbows to flex, the bar should be directly above your forehead. Lift the bar back to the starting position by extending the elbows and repeat.



TRAINING TIP: Pause at the bottom to add more tension to the triceps and then slowly come back to the starting position.





Single-arm Dumbbell Extension

Set-up: Sit down on a bench with a straight back and hold a dumbbell of reasonable weight. Lift the dumbbell above your head so your arm is fully extended and close to your head. Rotate the dumbbell to face the ceiling.

Action: Slowly lower the dumbbell behind your head and pause when your triceps are fully stretched. Return to the starting position by lifting the dumbbell back up and extending at the top.

Single-arm Dumbbell Kickback

Set-up: With a dumbbell in one hand and your palm facing your torso, bend your knees slightly and hinge forward at the hips to bring your torso forward, keep your back straight. There should be a 90-degree angle between the forearm and the upper arm.

Action: Keeping the upper arms stationary, use your triceps to lift the weights as you exhale until your forearms are parallel to the floor and your whole arm is extended. After a contraction at the top, slowly lower the dumbbell back to the starting position as you inhale and repeat.

TRAINING TIP:

While the arm is extended at the top, squeeze the triceps for five seconds then slowly come back down into starting position.



TRAINING TIP:

Use a slow and controlled motion and once your arms are extended, flare the rope out and squeeze your triceps.

Cable Rope Overhead Extension

Set-up: Hold the rope with both hands with your body leaning forward and your legs in a lunging position. Extend your arms with your elbows close to your head.

Action: Slowly extend your forearms forward until your elbows are straight. Allow the cable to return back over your neck to the starting position and repeat.



Triceps Cable Pushdown

Set-up: Stand upright with your hips shoulder-width apart and a small inclination forward. Bring your arms close to your body and have your forearms pointing up towards the pulley, hold the rope.

Action: Using your triceps, pull the rope down towards your thighs and extend your arms. Bring the rope slowly back up into starting position and repeat.

TRAINING TIP: Start off with a heavy weight and then drop set until failure to really feel the burn.

IRVIN WARD

HEIGHT: 173 cm | WEIGHT: 82kg

HOMETOWN: Alpine, Texas, USA | OCCUPATION: Personal trainer

PHOTO BY JAMES PATRICK



What is your claim to fame?

I was a scout sniper in the Marine Corp and received some awards while on my combat deployment to Afghanistan.

Describe your perfect Sunday.

Wake up, have a cup of coffee with an amazing breakfast, get ready and go to church. After church, go to an afternoon brunch and then spend some time with my dog Duke while on the lake in Austin paddle boarding.

If you could go anywhere in the world, doing anything – what and where would you be?

In Bora Bora, scuba-diving and paddle boarding in the crystal clear water with the stingrays.

How do you stay in shape?

I stay in shape by constantly pushing myself in and out of the gym, staying very active with sports and outdoor recreational activities. My diet also plays a big part in staying in shape.

What's your favourite home cooked meal?

This is an extremely hard one to decide because I'm a fat man at heart! But if I had to pick, it would have to be a tie between my father's homemade breakfast or his homemade ribs, which are cooked out in the backyard. Never have I met another man that takes such pleasure and pride in his cooking abilities.

What characteristics do you most look for in a woman?

A lady that is intelligent and knows what she wants in life, is very driven and stands for what she believes in. She is not easily persuaded to do what others are doing, stays in shape and has a big and loving heart that cares for others.

Are you currently in a relationship?

Yes, with the beautiful Miss Henley Meadows.

Do you have a favourite pick-up line?

Not really but if I had to use one it would have to be this:

"Can I have directions?"

She says, "to where?"

I say, "Your heart."

LOOK AND PERFORM AT YOUR PEAK



Fitness Model: Joel Bushby Photo by Dallas Olsen



Mens-Muscle-Health-Magazine

MMH
MEN'S MUSCLE & HEALTH



Training for *Body* *Recomposition*

YOU WILL NEVER THINK
OF 'WEIGHT LOSS' EVER AGAIN

BY TOM FITZGERALD

Body recomposition training places the emphasis on improving the composition of the body – instead of solely weight loss – for health and physique improvements. The benefits of body recomposition

training are primarily increased muscle mass and decreased fat mass and secondary benefits such as increased bone mineral density, improved strength and fitness.

Body recomposition training is best used with the support of a well-developed

nutrition plan. The nutrition plan doesn't need to be drastic – a good amount of protein, carbohydrate intake varied depending on training needs and goals, and some dietary fat intake will keep everything ticking along nice and smoothly.

PHOTO CREDIT: SHUTTERSTOCK.COM

→ Assessing start points and progress

Because body recomposition involves a more holistic approach, there is less focus placed on the number on your scales. Five kilos of weight loss doesn't necessarily correlate with improved health anyway! You could alter your electrolyte intake and deplete nutrients over

the next week, and you can lose five kilos. However, you won't have burned much body fat, so the scales aren't telling the whole story.

Dual energy x-ray absorptiometry (DEXA) is the gold standard for qualitative body composition testing. Access to these machines is becoming easier and more

affordable over the past few years. Alternatively, taking before and after photographs works quite well too. Be sure they are taken at the same time of day and in similar lighting to best standardise the conditions.

Note: uploading progress photos to Instagram is optional!



→ The big question – can you lose fat and gain muscle at the same time?

ENERGY BALANCE

I get asked this question a lot. Energy balance is based on the principal of thermodynamics, which basically states that energy cannot be destroyed and instead is only transferred. To a non-physicist such as myself, this makes sense, so now let's consider the application to body composition.

Weight loss and energy transfer are not always the same thing. Consider nutrients for example – one gram of

carbohydrate can provide four calories of energy, whereas one gram of fat can provide nine calories of energy. So if you were to burn 100 calories exclusively from carbohydrate, you would lose 25 grams of carbohydrate from your body. If you were to burn 100 calories exclusively from fat, you would only lose 11 grams of fat from the body.

Same amount of energy used, but differing weights utilised. That may be a very simplistic way to look at it and there are many factors that come into play such as metabolism and storage mechanisms. However, it does illustrate that 'energy in and out' does not tell the entire story.

SIMULTANEOUS MUSCLE GAIN AND FAT LOSS

Now you are probably thinking body recomposition is impossible – because you need an energy surplus to muscle gain and a deficit for fat loss. However, we can manipulate changes over the duration of the body recomposition program. By including periods of energy deficit and surplus,

we can provide stimulus for both fat burning and muscle development.

Let's say that one day is the smallest unit of time for a deficit or surplus. A weekly nutrition program can be developed to include three days of caloric surplus and four days of deficit. This facilitates body recomposition by incorporating periods of hypocaloric and hypercaloric days.

It's the same principle as the typical 'gaining' and 'cutting' cycle that most people go through over the course of a year. They spend four months in a surplus trying to gain muscle, and then three months in a deficit trying to lose fat. We are just doing that over a weekly period! ▶



→ Study 101 – controls and variables

As a trainer and nutritionist, there are two variables we can manipulate that are within the scope for body recomposition – exercise and nutrition. If a client is eating at a 100-calorie surplus on non-exercise days, they will gain weight. However, if they burn 600 calories on four exercise days per week and nutrition intake remains the same, their week will include a 1700 calorie deficit: $(3 \times 100) - (4 \times 500) = -1700$ calories.

This can all be achieved by eating the same foods every day. This is an example of using food as the control and exercise as the variable. Once the client becomes used to their program and lifestyle integrations, we can incorporate different nutrition strategies on different days. At this time, the exercise becomes the control (if it remains the same) and nutrition can become the variable.

Good coaches often manipulate only one variable at a time, because it increases compliance. It makes sense – if someone continues to eat exactly as they did before they came to see a trainer, but adds four training sessions per week, they will get results. There is no need to overhaul their entire lifestyle to get results initially, especially if that makes compliance more difficult!

→ Know your goals

The goal of body recomposition is to increase muscle mass and decrease fat mass. However, it is best to pick a primary goal to focus the training on. The primary goal for most body recomposition client's I work with is to decrease fat mass. Thereby, increasing muscle mass becomes the secondary goal. This might sound trivial, but it impacts the small decisions made about a client's training or nutrition program.



Walking lunge
3x10 each side 1.5 mins rest

BODY RECOMPOSITION EXAMPLE WORKOUT: Legs & Back

Dynamic warm up

A: **Deadlift** – 4x6 with 1.5 min rest

B1: **Goblet squat** – 3x12 superset with B2

B2: **Walking lunge** – 3x10 each side 1.5 mins rest

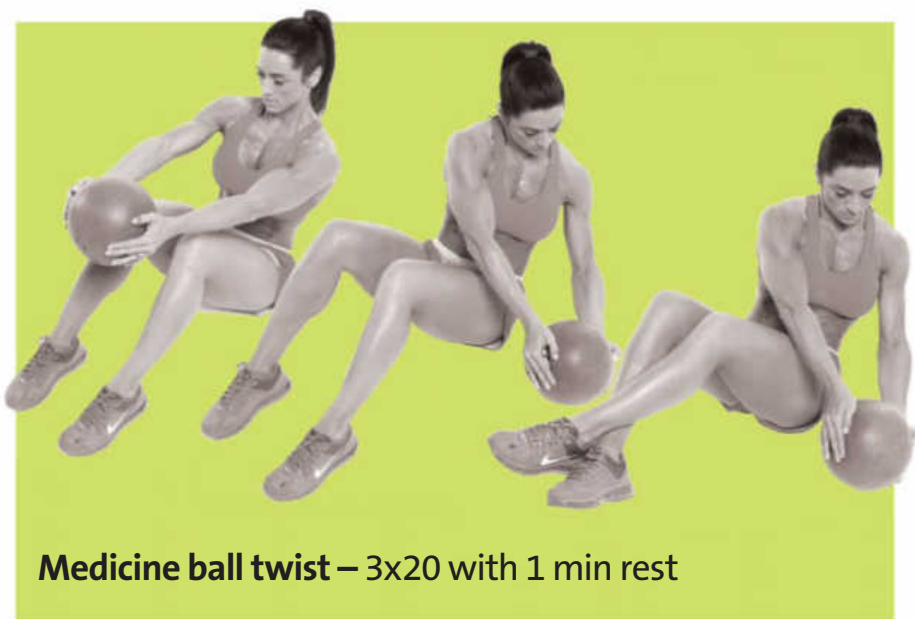
C1: **Romanian deadlift** – 4x10 superset with
C2: **Cable pull-through** – 4x20 with 1 min rest

Core

Medicine ball twist – 3x20 with 1 min rest

Conditioning:

Elliptical – 15-20 mins at moderate intensity



Medicine ball twist – 3x20 with 1 min rest

→ Training methods

The training methodology is reasonably simple. Each session includes a component of strength training, hypertrophy training, core stability and cardio/fuel burning work. At least two body parts are trained in each session – either an upper/lower or front/back combination.

The goal is to stimulate strength, muscle development and mobilise fatty acids early in the session. As the session progresses, the focus moves to maximising blood flow and oxidising previously stored fat as a fuel source.

The art of training for body recomposition comes with the personalisation for each individual client. If the primary goal is fat loss, a client may complete less strength training and instead focus on higher-intensity metabolic condition, hypertrophy and fuel-burning exercise.

→ Training frequency

Clients can achieve body recomposition goals with two to five sessions per week. For primarily fat-loss orientated clients, I recommend three sessions in the gym and one or two easy cardio sessions (such as a walk) per week. It is important to remember that



these clients often have not been exercising previously before this training, so expecting them to commit to the gym five days per week can be daunting at first!

Muscle gain clients can expect to be in the gym three or more times per week, depending

on their goals and availability. Clients wanting to gain muscle often come in very excited and motivated, wanting to do everything right now! A good coach needs to manage these expectations and overall training load.

→ Can I do it myself?

Of course! You can build your own training program by following the outlines from this article. With online coaching becoming prevalent, you can also get access to qualified coaches at very reasonable rates. Expect to pay between \$100 to \$200 for quality training and nutrition programs that have been personalised for your goals, experience and lifestyle.

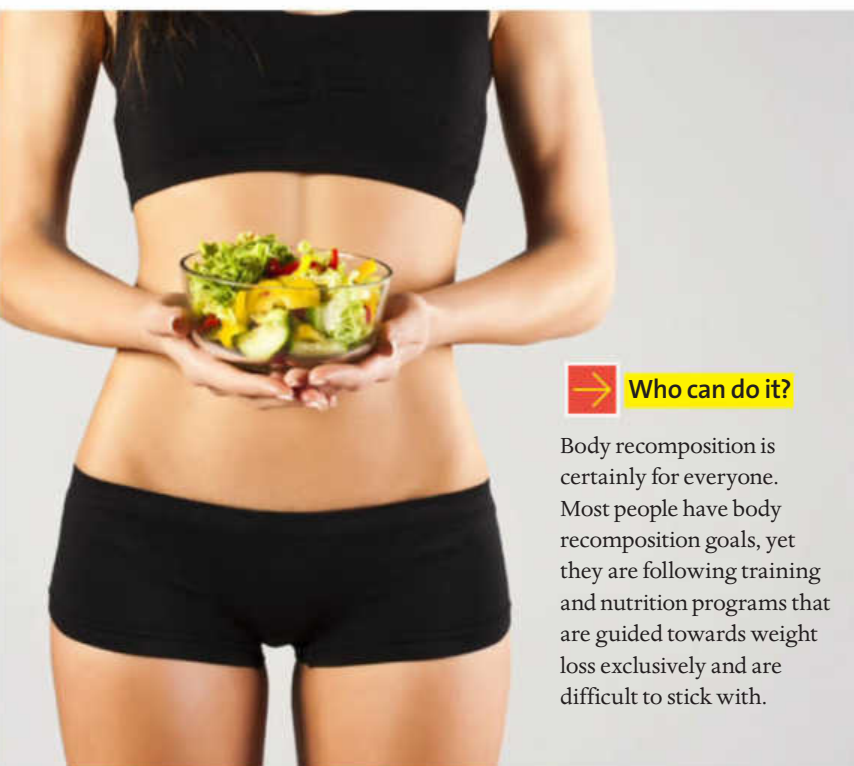
Personal training can also be useful for compound movements such as the deadlift, bench press and squat. Even if you have a training partner and they say your form is OK, ask yourself – are they qualified to make that assessment and would they even be comfortable telling you if you weren't?

Hiring a coach doesn't mean you don't know what you are doing. I have personally worked with two different coaches in the past 12 months, and learnt a lot from each. I like to think I have a reasonable grasp of training and nutrition, but I can still benefit from coaching and learning something new!

Body recomposition is achievable through diligent and consistent training. Start slowly and progressively increase training loads while monitoring nutrient intake. Be clear on what your primary goal is (muscle gain or fat loss) and build your program accordingly. Noticeable results should occur within 14-21 days, but the best results will be seen from a consistent eight-or 12-week program. ●

→ Who can do it?

Body recomposition is certainly for everyone. Most people have body recomposition goals, yet they are following training and nutrition programs that are guided towards weight loss exclusively and are difficult to stick with.



TOM FITZGERALD

Tom is a nutritionist and personal trainer who specialises in body recomposition for busy people. He favours a progressive approach to nutrition and training, focusing on implementing strategies that reflect his client's goals, experience and lifestyle. Tom can be found working at Integrated Fitness and Nutrition in the Canberra CBD or struggling to convert time differences with his long-distance clients.



EVERY
POSITIVE
THOUGHT
PROPELS YOU
IN THE RIGHT
DIRECTION.

FITNESS MODEL **JOY KUSHNER** | PHOTO BY **JAMES PATRICK**



ELEMENT
FITNESS

Strengthen, sculpt and shape your glutes
with the help of the cable machine.

WORKOUT WRITTEN AND DEMONSTRATED BY LYZABETH LOPEZ | PHOTOGRAPHY BY ARSENIK STUDIOS INC.

FIRM GLUTES FAST

WITH THE GLUTE MUSCLES MORE POPULAR THAN EVER, SOCIAL MEDIA POWERHOUSE AND MASTER TRAINER LYZABETH LOPEZ IS HERE TO SHOW YOU HOW TO GET YOUR BEHIND PERKY, FIRM AND TONED.

Using the cable machine, Lyzabeth has designed a workout in which your buns will burn! Cable machines can be found in most gyms and are a great tool to use to target and isolate one muscle at a time – like the glutes! If you're yet to jump on a cable machine, it's time to give it a go. Not only are they simple to use but they help you to maintain proper form and technique.

Plus, if you're short on time, with the cable machine, you don't have to pack away your weights or other equipment

so you can get in, get it done and then get out and enjoy your strong and rounded glutes.

As with any exercises, variety is important so if you train your glutes twice a week, opt for one cable workout and one workout with more traditional and functional moves like squats, deadlifts and lunges. If you only train your glutes once a week, try alternating so you do a cable workout every other week. ▶

CONNECT WITH LYZABETH

Facebook: lyzabethlopezfitness

Instagram: lyzabethlopez

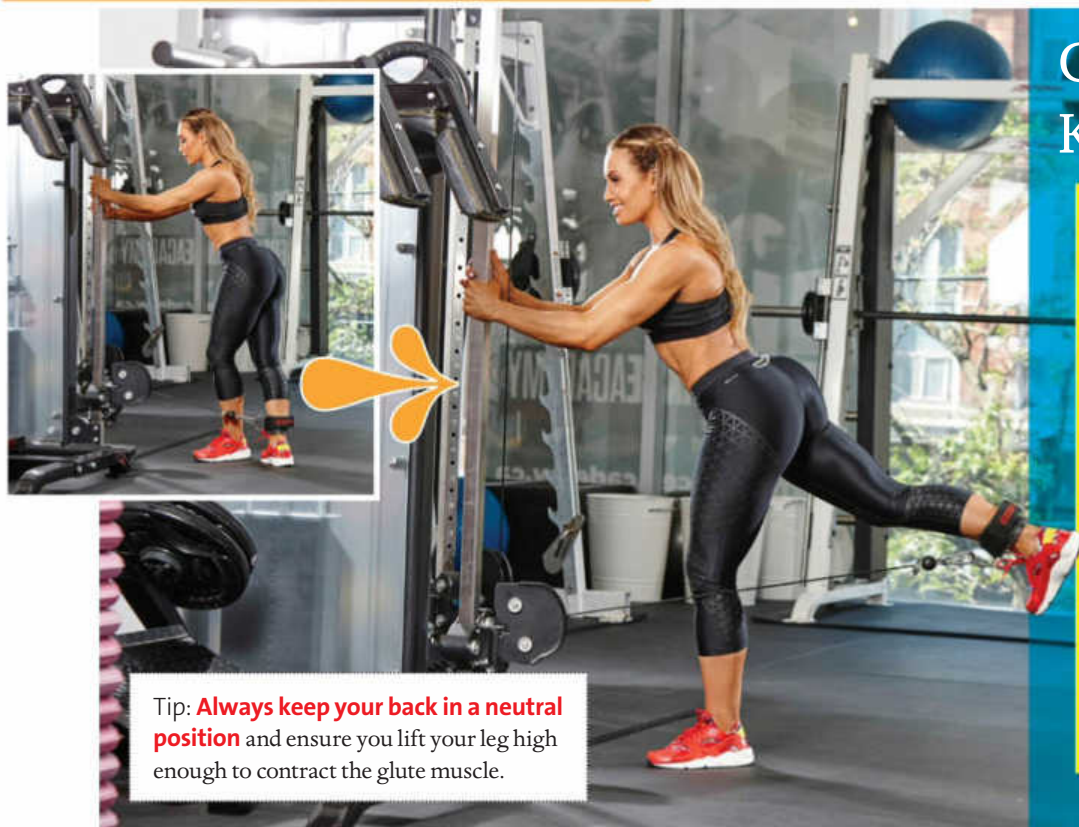
#TrainWithLyzabeth

SUPERSET 1

MOVE	REPS	SETS
Glute Kickbacks	10-15 reps per leg	4 sets
Cable High Kicks	10-15 per leg	4 sets
Kneeling Cable Kickbacks	15 reps per leg	4 sets
Cable Fire Hydrants	10-15 reps per leg	4 sets

SUPERSET 2

MOVE	REPS	SETS
Cable Side Lateral Lunge	10 reps per leg	4 sets
Pull-throughs	10-15 reps	4 sets



Glute Kickback

Set-up: Adjust the height of the cable pulley to the lowest rung and attach the ankle strap onto it. Then attach the ankle cuff to your ankle. Stand facing the cable machine and hold a non-moving part of the machine for balance.

Action: Hinge at the hips and slowly lift the weighted leg, keeping it straight, and flex the glute at the top of the movement. Hold the contraction and then bring the leg back to the start with control.

Tip: Always keep your back in a neutral position and ensure you lift your leg high enough to contract the glute muscle.

High Cable Kickbacks:

Set-up: Take the cable pulley to a rung in line with the height of your hip. Attach the ankle cuff to your ankle. Hold on to the non-moving part of the cable machine.

Action: Keeping your leg lifted so it is parallel to the floor, move your knee in a semi circle, travelling in and around, then kick it out behind you in a slight semi-circle, not straight back. Feel the contraction in your glutes.



Tip: Keep the lateral part of your leg (the outside of your leg) facing upwards throughout the movement and your leg parallel to the floor. Do not go straight back, do a semi-circle until you find the contraction of your glute muscle.

Kneeling Cable Kickbacks:

Set-up: Take the cable pulley to the lowest rung. Attach the ankle cuff to the ankle and move onto your hands and knees, facing the cable machine.

Action: Keep your core engaged and drive your heel away and up until you contract your glute muscle. Bring your knee back to your chest, engaging your core, and repeat.

Tip: Move the cable to a comfortable position either on the outside of your leg or between your legs. Find what is more comfortable for you.



Pull-throughs:

Set-up: Set the cable attachment to the lowest rung. Attach the rope handles to the cable. Face away from the cable machine and hold the handles between your legs. Take a few steps forward until there is some tension on the cables and bring your feet just slightly wider than your shoulders.

Action: Keeping your spine and neck in neutral, engage your core and slowly lower your upper body, hinging at the hips and keeping the weight in your heels, similar to a stiff-legged deadlift. Your knees should be straight to slightly bent, but soft. The goal is to feel a stretch in the hamstrings and glutes. Return to standing position and engage your glutes in a neutral spine position.

Tip: Be careful not to go heavier than you're comfortable with and ensure you have good balance and a good grip on the floor. There should be tension on the cable throughout the entire movement.

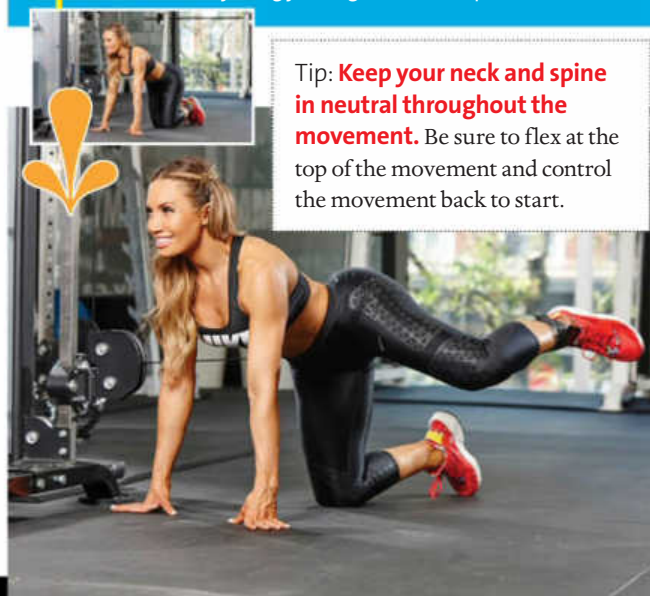


Cable Fire Hydrant:

Set-up: Take the cable pulley to the lowest rung. Attach the ankle cuff to your ankle. Turn so the cable machine is on the side opposite from your ankle cuff with you on your hands and knees.

Action: Keeping your knee and hip each at 90 degrees, use your glute muscles to lift the leg with the ankle cuff attached. Slowly bring your leg down and repeat.

Tip: Keep your neck and spine in neutral throughout the movement. Be sure to flex at the top of the movement and control the movement back to start.



Cable Side Lateral Lunge:

Set-up: Take the cable pulley to the lowest rung. Attach the ankle cuff to your ankle. Stand so that the side of your body with the ankle cuff on is facing away from the cable machine.

Action: Take a big lateral stride away from the cable machine with the leg attached to the cable machine. Finish the movement by going into a deep side lunge. Bring the leg back to start position and repeat. ●

Tip: **Keep your core engaged** and drive your glutes back, ensuring your knee is tracking your second toe on the lunge portion of the movement.



LYZABETH LOPEZ

Lyizabeth is an award-winning personal trainer, holistic nutritionist, fitness instructor, TV host, writer and social media powerhouse. Her wealth of knowledge, infectious personality and passion for holistic living has earned her a dedicated following of fitness enthusiasts and highly a respected brand in the health and fitness industry. For more information visit www.lyizabethlopez.com

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30g



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Supercharge your energy *for summer*

MAKE SMALL CHANGES AND GAIN
THE ENERGY YOU NEED WITH THESE
10 EASY STEPS. BY AMELIA RICCI

Have you noticed lately that everyone around you is tired and stressed? No one has time to catch up for a social event because they are 'too busy', 'too tired' to exercise and 'too

stressed' to make positive changes to their wellbeing.

We all have setbacks and want to give up at certain times because we are tired and unmotivated to do anything, including our gym workouts, but there is a way out!

Instead of turning to more coffee and forcing our bodies to comply with a ridiculous 'to do' list, an 'energy crisis' requires a change in lifestyle.

We are all tired and stressed at certain times of the year but if you are feeling

like this constantly it is time to analyse your weekly routine. You can work hard and have balance; it is just a matter of putting some health strategies into place and with these small tweaks, big changes will happen.

It is easy to think you should wait until things calm down in your life but this might never happen! So why not start now? Here are my top tips for gaining energy and feeling great.

1// ANALYSE YOUR DAILY HABITS

Do you really need to work that many hours every day? You are probably wasting some of this time and could be used more effectively. I suggest the following ideas:

- **Media fast:** switch your emails off at certain times of the day to get

major tasks done.

- When you have something important to do, **avoid checking emails first thing in the morning**, do your most important task first.
- **Ensure you have good posture and alignment**

by setting up your work station correctly.

- **Get up and walk in your lunch break.** If you only have time to walk around the block, take this quick break and breathe deeply. You will be amazed at the difference the

fresh air makes to your efficiency during the afternoon.

- **Drink adequate water** so you can think clearly and perform better at work.





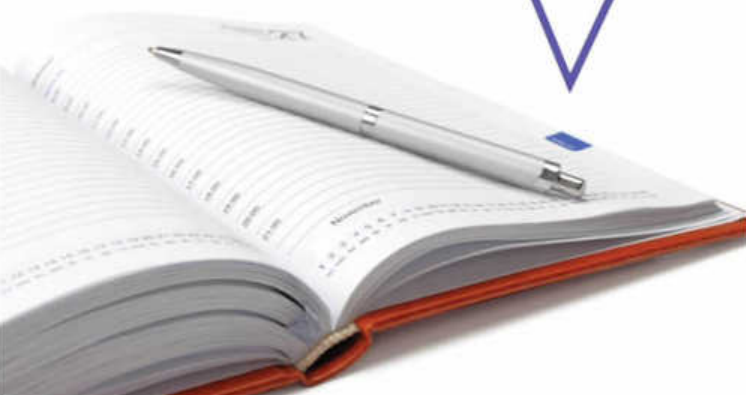
2// MAKE YOUR NUTRITION CHOICES WORK FOR YOU

Food and drinks are the fuel our bodies use to perform to our best and the following tips can help you to improve digestion, energy levels and even out moods:

- Seriously look at your **intake of stimulants** including sugar and caffeine and instead stash healthy snacks at work in the fridge and your desk drawer.
- **Eat plenty of fresh veggies.** Prepare some vegetables or a salad and bring them to work, this will also save you time on your lunch break.
- **Eat four to six small meals** a day including protein, carbs and fat.

4// SIMPLIFY YOUR LIFE

- **Simplify your finances** so that your bills and obligations are streamlined and take up less time. This will greatly reduce stress in your life.
- **Batch tasks such as cooking** protein or cutting veggies, washing clothes and cleaning.
- **Create a weekly schedule** and put your workouts in your diary. This will greatly enhance your energy because you will have purpose and feel positive each time you tick off a workout in your calendar.



3// SCHEDULE REST AND RECOVERY

Overtraining for consecutive months leads to tiredness and excessive muscle pain. Contrary to popular belief, you will have a better body if you avoid overtraining and adjust your training loads periodically. For example:

- **Days off the gym are important for your health** as muscle grows when the body has time to repair and recover.
- **Change your training schedule often.** By switching it up every six to eight weeks you'll stay motivated and this prevents your body adapting to the training program. Fresh stimulus keeps the muscles guessing but will also increase your motivation as you get excited by each session and the new exercises you will learn.
- **Incorporate yoga and Pilates** for flexibility and core stability.
- **Meditation using calming music** is very beneficial and has been shown to lower blood pressure and alleviate anxiety.
- **Sports massages** are great to relieve muscle soreness and for relaxation.
- The hardest change of all is to **say 'no' to unnecessary extra tasks or commitments**, but this is such a great energy-enhancer because saying 'no' to others can mean saying 'yes' to yourself.



5// CREATE A SLEEP ROUTINE

- **Have an electronic shutdown a minimum of one hour before bed.** This is very effective to have a restful sleep because electronic devices omit light into your eyes, interrupting the body's circadian rhythm. The circadian rhythm is a 24-hour cycle that tells our bodies when to sleep and regulates many other physiological processes, therefore it is important to keep this in balance.
- **Try to eat two or three hours prior to sleep**, but make sure you have adequate protein and carbohydrates at dinner so you are satisfied for a deep, restful sleep.
- **Gentle stretching is a great relaxer before bed** and as a bonus it also assists with muscle recovery.



6// BE THE BEST VERSION OF YOU AND LOVE YOURSELF

- **Being authentic you means you don't have to try.** You wake up every day and simply be you. By believing in yourself you will feel validated in your opinions and decisions and this will give you renewed enthusiasm for every aspect of your life.
- **Think positive thoughts and be confident in your own abilities.** Self-esteem and confidence are developed via life experiences and understanding that no one is perfect. Aim for acceptable each day and don't criticise yourself if you make mistakes or fall short of your expectations. No one is perfect.

7// HAVE A BALANCED TRAINING ROUTINE

- **Training to the point of exhaustion without balance is a fast road to trouble.** Try to be aware of each muscle you are working during a workout. Be present and establish a mind-muscle connection.
- **Breathe deeply during exercise** and centre your body weight, find a tall posture. Injury is often caused by bad technique or overuse of a muscle group. Change the way you train to find the best results.
- **Observe how you feel after training** and in the days afterwards. If your alignment feels off, get it checked by a chiro or physio. If you are really tight, practise yoga or incorporate stretching for 15 minutes after every session.



8// HAVE FUN MORE OFTEN!

- **Unreasonable to-do lists are no fun,** try to be more effective with your time and simply live!
- **Enjoy your journey in life.** The journey is just as important as the destination and by enjoying social activities you will be happier and more motivated in general.

9// FIND FRIENDSHIPS AND RELATIONSHIPS THAT ARE REAL

- **Find a fitness sister who cares for you** through the good and bad times. Associate with friends who lift you up and give positive energy.
- **You should feel uplifted when you spend time with friends.** If someone drains your energy, they might not be a good person to spend your time with.
- **Think about your relationships and de-friend toxic or annoying people.** There is no need to be dramatic, just promise yourself you will only see these energy-drainers occasionally.

10// DON'T SWEAT THE SMALL STUFF

- **Life will inevitably take twists and turns and will never be perfect.** There are daily setbacks and problems which you can either deal with positively and approach as challenges, or blow out of proportion so that they affect you for days.
- **Think about life as a series of experiences that will include positive and negative, enjoyable and painful times.** This is the journey of life and it is how you approach these daily challenges that will keep your headspace calm and in control of your emotions.

TAKE HOME MESSAGE

Women are often guilty of working incredibly hard but never stopping to reflect or reward themselves for their hard work. The pace of today's world means that our lives are full with social commitments, challenging work

schedules and technology that we never switch off.

You will feel so much more energetic if you focus on positive actions and thoughts daily. No matter what life throws at you, this will lead to ultimate happiness.

Having your workouts and nutrition in place

will really help you get through a busy week, even when your schedule looks overwhelming.

Start to implement small changes daily. Remember you are in charge of your life, you choose your own actions each and every day. ●



AMELIA RICCI

Amelia is a personal trainer, Pilates instructor and yoga teacher with 20 years experience. Her mission is to educate and inspire women to achieve their best body ever, with a simple approach – no fads, no gimmicks. As a two-time fitness model champion and mentor to some of Australia's successful fitness and bikini models, Amelia enjoys working in her business Living Beauty Fitness. She has launched a new eBook which contains all her health and fitness principles in one handy guide at www.4weekbikinibody.com. You can also find her on Facebook: [AmeliaRicciSportsModelFitnessTrainer](https://www.facebook.com/AmeliaRicciSportsModelFitnessTrainer) or Instagram @livingbeautyamelia

Are Your Weekends Your Undoing?

AVOID VEERING OFF TRACK ON WEEKENDS TO SEE RESULTS SOONER.

BY KAREN REEDMAN



AS A PERSONAL TRAINER, THE MOST COMMON FACTOR I SEE PREVENTING MOST PEOPLE FROM ACHIEVING THEIR GOALS IS HOW THEY SPEND THEIR WEEKENDS. GENERALLY SPEAKING, PEOPLE ARE GREAT AT STAYING ON THE COURSE MONDAY TO FRIDAY AS OUR LIVES ARE LARGELY STRUCTURED, BUSY AND WORK-CENTRIC. LET'S FACE IT, ROUTINE CERTAINLY MAKES IT EASIER TO CONFORM.

However by the time the weekend arises, our routines relax and we are often physically and emotionally spent. We find ourselves quickly starting to justify trading our Nikes for stilettos and our green smoothies for a champers – right girls?

We tell ourselves that we have earned a little fun and a gentle bender, that it won't undo all our hard work during the week. But will it?

Sorry to be the bearer of bad news but YES... IT PROBABLY WILL. In fact, one weekend of

crappy food and alcohol and you can quickly see yourself tipping the scales and the body fat reading back in entirely the wrong direction. Let's face it, we don't eat chicken and broccoli when we are drunk or hungover, do we? More like a fried breakfast or McDonalds.

So how do you get back control of the wayward weekend? I mean, we certainly aren't advocating that *Oxygen* girls strive for total perfection but rather serious progression. Trust me, with a few careful tweaks in your program, you can learn how to keep momentum strong.

PHOTO CREDITS: SHUTTERSTOCK.COM

Six tips for

getting control of
the wayward weekend

1.

Train on the weekends

I prefer to schedule my rest days on Wednesdays and Sundays and train on the other days. This means I train on Fridays and Saturdays and minimise any loss of progress over the weekends from the odd treat here and there. I also like to schedule my HIIT cardio session on Saturdays to maximise calorific burn and to keep my metabolism firing over the weekend.

2.

A CHEAT meal, not a cheat weekend

Whilst a cheat meal can be a great way to keep motivation for the long term, a cheat weekend will simply undo all your hard work. So keep it real girls and aim to stick to your nutrition strategy on the weekends with either one cheat meal or a couple of treats, but that's it. Serious change takes serious effort. Not Monday to Thursday, but Monday to Sunday.

HERE'S A FEW STATS THAT MAY MAKE YOU
RECONSIDER YOUR DRINKING TOO:



TO BURN OFF ONE CIDER you would need to go for a **WALK FOR 50 MINS** or **DANCE FOR 45 MINS**.

TO BURN OFF A SINGLE GLASS OF WINE you would need to **WALK FOR 2.5KM** or take a whopping **4,167 STEPS**.



3.

Limit the booze

You should consume no more than two standard drinks over the weekend. Let's get something straight, whenever you consume alcohol your body's number one goal is to burn it off and process the toxin/poison i.e. the alcohol. So any fat burning that is happening at that point in time **CEASES** to be and your body uses the alcohol calories as fuel instead. In fact, you can kiss goodbye your goal of lean abs if you spend every weekend bending your elbow at the bar. ▶



Six tips for getting control of the wayward weekend

4.

Be prepared and make healthy choices

As an Oxygirl chances are you have mastered the art and importance of food preparation for the working week. So let's just extend your talent into the weekends and make sure that when you are out and about you always have some healthy snacks on hand e.g. nuts, fruit, water or a protein bar. When you're eating out, simply make the right choices and ask for menu modifications, e.g. "can I have salad instead of chips", "can I swap the mash potato for steamed greens or sweet potato". If it's a brunch order the poached eggs and ask them to do it on one slice of wholegrain bread and to add avocado and spinach leaves. It's easy once you get the hang of it!

5.

Feed your passion

The weekend is when you finally get the time to feed the passion for your health and fitness. It's the time you can research and test new recipes, update your journal, read *Oxygen Magazine* or try a new activity such as tennis or hiking. In fact, do whatever affirms and feeds your desired lifestyle.

6.

Ditch the excuses and the justifications

Human beings are wired to seek pleasure and avoid pain, which is why lifestyle change can be so tough for many people. The weekend is a time when our excuses and justifications will come out in full force and are so elaborate and believable that we almost have ourselves fooled. But to make serious progress you have to get good at MANAGING YOU and calling yourself out on your BS! Be brave enough to admit when you are totally 'spinning it' and reframe the thought so that you stay focussed and keep moving forward. ●



KAREN REEDMAN

Karen is a personal trainer and life coach with over nine years of experience embracing a mind, body and soul approach to lifestyle change. During this time Karen has worked with hundreds of clients to help them achieve lifestyle, health and fitness goals. She has shown plenty of creativity and innovation in her approach, launching her transformation challenge culminating in an annual calendar and achieving recognition from major fitness media.



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YOU ASKED:

WHICH PROTEIN POWDER SHOULD I BUY?

*Nutrition expert
Deidree Taylor answers!*

Popular amongst bodybuilders, athletes and exercise enthusiasts, protein shakes are a quick, convenient way to increase your daily protein intake. Sports supplements stores, health shops and even supermarkets have shelves bursting with an abundance of protein powders to choose from. It would be so easy to choose a protein powder if they all contained the same ingredients but in a saturated supplement market, you need to have a basic understanding of the types of protein powders available. So how can you be sure you are buying the right one for you?

WHY DO WE NEED PROTEIN?

Protein is an essential macronutrient necessary for muscular growth and repair of the body, which strengthens our immune system, transports hormones and provides us with energy. Most people obtain their daily protein intake from whole food sources such as meat, fish, dairy, eggs and even plants. But if you are always on the run, a really convenient way of supplementing protein in your diet can be to add a protein shake. Protein powders are derived from a variety of plant and animal sources and easily consumed either as a protein meal replacement, a post-workout recovery shake or as an on-the-go

snack. They supply the body with amino acids to assist in muscle growth and recovery.

A study in the European Journal of Nutrition supports the use of protein supplements enhancing post-exercise recovery, especially whey. The study conducted in 2006 was one of the first investigations into the effects of whey and soy isolates on recovery from oxidative stress post exercise. It concluded that athletes who consumed whey and soy supplements had a better recovery from oxidative stress and a better performance outcome.

DIFFERENT TYPES OF PROTEIN ISOLATES AND CONCENTRATES

Protein supplements are a multi-million dollar industry, so no wonder there are so many different varieties! The first

thing you should consider before buying a protein drink is the type of protein you want to purchase.

1. Whey protein

One of the major and most common protein supplements on the market is derived from whey protein. Whey protein supplements, a derivative of milk and a byproduct when making cheese, are water soluble and mix well as a drink. Whey protein comes in three forms:

- **Whey Protein Concentrate (WPC):** Up to approximately 80 per cent protein concentration. This is a good basic protein concentrate. It does still contain carbohydrates and lactose so it's not suitable if you are lactose intolerant, otherwise a great entry-level supplement.
- **Whey Protein Isolate (WPI):** More filtered source of whey than WPC, containing up to 95 per cent protein concentrates with lower lactose and sugar content. Great supplement for resistance training and general exercise recovery.
- **Whey Protein Hydrolysate (WPH):** This is more easily absorbed than WPC and WPI as it is made by directly breaking the proteins into amino acids to improve the rate of digestion, therefore it is more commonly used by athletes and people who exercise at a very high intensity. ▶

DIFFERENT TYPES OF PROTEIN ISOLATES AND CONCENTRATES continued...



2. Casein

Like whey, casein is a derivative of milk. It is a slow-acting protein, releasing amino acids to the muscle over a longer period of time. For this reason, it can sometimes be more suitable as a supplement in the evening or before bed.



5. Pea Protein

This is usually derived from the yellow split pea. This plant-based protein is mostly fat-free and is a great choice for vegans and vegetarians. The only negative quality to pea protein is, unlike dairy-based proteins, it is not a complete protein therefore it doesn't contain all of your essential amino acids. If you choose to use pea protein you need to ensure you incorporate other sources of protein into your diet to complement this.



3. Egg Protein

Made from dehydrated egg white, this is normally fat- and cholesterol-free. A medium-acting protein, it will maintain fullness over a longer period of time. However, this is one of the more expensive protein powders on the market due to its high quality.



4. Soy Protein isolate

Soy protein is a plant-based protein that still contains all your essential amino acids, making it comparable to a dairy-based protein supplement in terms of being a complete protein. However there is much discussion on the possibility of negative effects of soy in both men and women. It does have a rather distinctive taste and is not as soluble in water as whey, therefore it's not always smooth to drink.

6. Brown rice protein

Dairy-free, brown rice is an excellent easy-digestible protein supplement. Absorbed quickly in the body, it's great for post-workout muscular recovery. Like most plant-based protein, it is slightly deficient in amino acids therefore you need to ensure to consume other proteins in your diet.



SO WHICH ONE SHOULD YOU CHOOSE?

Choosing which type of protein source you want to buy is an individual choice. They all contain varying amounts of protein and purity and this can sometimes be reflected in their price. Dairy-based protein powders have always been popular however more people are seeking alternatives to whey by consuming more plant-based protein sources such as the pea or rice proteins. These are becoming increasingly more sought by those who have sensitivities and intolerances to lactose due to their easy digestibility properties.

☐ If you're after weight loss

There are a few things to consider when choosing a protein drink to complement weight loss. Some protein powders are targeted at muscle growth and gain, therefore contain a higher number of kilojoules, so always read the nutritional labelling on your product. The same applies to the carbohydrates. If you are trying to lose weight, you will most likely be reducing the amount of sugar you consume and therefore don't want to purchase a product that contains the same amount of sugar as a chocolate bar. The Australian Institute of Sport reports the daily requirement of carbohydrate for moderate exercise is 5-7g per kilo of body weight per day and 6-10g per kilo of body weight per day for people who exercise at higher intensities. Remember that daily recommendations apply to all your daily food intakes not just your protein shake. All types of protein sources are recommended for weight loss.

SO WHICH ONE SHOULD YOU CHOOSE? continued...

❑ If you're after weight maintenance

When maintaining weight and as a general quick meal replacement, look for a protein supplement that is balanced, contains an adequate amount of protein, preferably with all your essential amino acids such as in whey and casein and one that tastes great. Still take into account your overall daily intakes of macronutrients for optimal health and be aware of the kilojoules in your protein shake to avoid extra weight gain or loss.

❑ If you're after weight gain

If you are trying to gain weight or build muscle then look for good quality protein sources. Although all protein supplements would be sufficient to assist in muscle growth, the higher quality proteins such as whey isolate, hydrolysed whey and egg protein are best. The Australian Institute of Sport report the daily requirement of protein for moderate exercise is 1.2g per kilo of body weight per day and up to 1.7g per kilo of body weight per day for resistance training. With this in mind, choose a protein shake with a higher concentration of protein for growth and recovery.

NATURAL ALTERNATIVES

If you are seeking a natural protein shake alternative you can buy pure natural whey powder from health food stores. Whey, in its natural form without additives, is unsweetened and quite bland however, you can easily blend it with a banana or cacao to add flavour. For those who are not lactose intolerant, make your own protein shake by adding a scoop of milk powder to a glass of skim milk. It is cheap and an excellent post-recovery drink that is proven to enhance muscle growth and recovery.



A FINAL NOTE

As the old saying goes, you get what you pay for and this can sometimes be the case with protein supplements. Whether you mix them with water, milk or even juice, there are fantastic protein shakes on the market that are tasty, convenient and can greatly enhance exercise performance and recovery. Always opt for quality over quantity, do your research and choose one that complements you and your personal physical activity.

UNDERSTANDING INGREDIENTS

Understanding protein supplements and what actually goes into them is an exhausting task. There are over 300 additives used in our foods in Australia, but with that said, they are regulated by Food Standard Australia and New Zealand (FSANZ), and health claims concerning commercial supplements are monitored by the Therapeutic Goods Association.

Natural protein extracts are generally very bland therefore manufacturers of protein supplements must make them more palatable with additives. Sugars are usually added in either a natural or artificial form. Many people are happy to consume artificial sweeteners as they are deemed safe if consumed in moderate quantities and do not exceed the daily upper limits outlined by FSANZ.

A variety of protein powders do contain artificial sweeteners, so if you are seeking a natural product, read the label and avoid ingredients such as saccharin, aspartame, sucralose, acesulphame potassium, cyclamates, xylitol, isomalt and mannitol (to name a few).

Many protein powders and supplements also contain ingredients that supposedly assist with fat burning, muscle growth, faster recovery and better sports performance. If you don't know what an ingredient is always ask, as it is always best to understand what is in your protein product.

DEIDREE TAYLOR



Dee is a nutrition and fitness writer, certified personal trainer, group fitness instructor and currently in her final semester of a Health Science degree majoring in nutrition at the University of Queensland. Her studies are focused on understanding health behaviours, crucial to identifying health-related behavioural patterns needed to navigate successful health changes. She holds memberships with Nutrition Australia, Fitness Australia and Forum Speakers and actively conducts speeches on nutritional related topics.

THE HOLIDAYS ARE FAST APPROACHING AND MANY DREAD THE KILOS THAT MAY COME WITH ALL OF THE PARTIES AND CELEBRATIONS. No need to fear! These simple tips will allow you to enjoy the holidays in moderation while sticking to your goals.

BY STEPHANIE STOVEN

4 *Easy Steps to* **STAY ON TRACK DURING THE HOLIDAYS!**

PHOTO: CASEY WITHERS

Your four steps

1) Be a food snob

First ask yourself if the dessert, appetiser, etc. is worth it or if you are eating just because it's in front of you. Get up, walk around, chew a piece of gum, socialise, do something with your hands...then decide if you really want it.

Another question to ask yourself is whether or not the dish is available all year round. Perhaps it is a seasonal dish that someone near and dear to you only makes during the holidays! If it's a special dish then you might want to allow yourself the treat – and enjoy it too – but if it's available year round then you may want to reconsider.

2) Exercise!

Start your day off with a morning workout. After a good workout, you feel good about yourself and you will be less likely to indulge in sweets the rest of the day while coming off that 'runner's high'. Working out gives you endorphins and a positive feeling that some may lack during this time of year. These endorphins can also help prevent stress eating.

No gym? No Problem! Wake up, run around the block a few times, or do some jumping jacks to get your heart pumping. There are plenty of at-home workouts to do that don't require any gym equipment. Write down a quick circuit and be sure to change it up.

If you're used to doing cardio in your workouts, push yourself a little bit harder. Try adding another day of cardio or even just 5-10 more minutes at the end of your workout. Exercising with a buddy can help make your workouts more fun and you can hold each other accountable. Set goals with your friends to go to the gym every day and at the end of the week reward yourselves with a holiday baking party! Make sure to share your tasty treats so you're not tempted to eat them ALL.

3) Eat clean during the week

Eating clean for a majority of your meals during the week will help you stay on track. Instead of going out for lunch, bring your lunch to work (this will also help to save money). Prepare a few days' worth of meals for easy access to healthy food throughout the week. Cooking three days of meals takes less than an hour (once you get the hang of it)! Your meals are ready to go and easy to heat up after a long day running around town buying everyone's presents. This will give you some wiggle room when it comes to the holiday gatherings. If you can't eat clean 100 per cent of the day, try the 80/20 rule where a majority of your daily meals are clean and you have one cheat meal or dessert. Having just a little bit of food that isn't the healthiest will help stop you from binge eating all your favourite holiday treats later in the day.

4) Choose healthier options

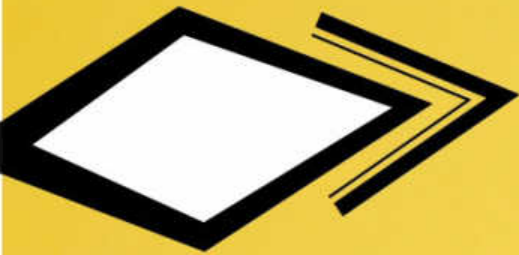
There are plenty of healthy alternatives and choices that can help you all year round. These might not seem like much but cutting a few items can help in the long run. Skip the bun, and go for a lettuce wrap. Ask for no cheese and dressing on the side with your meals.

While eating out, enjoy your meal while avoiding the bread and/or appetisers. It's hard to resist when they stick a basket of bread in front of you, but stay strong! Politely cover the basket or ask your server to not bring the bread out. Ask for half of your meal to be placed in a doggie bag when ordering your food or try sharing a meal with someone. Restaurant meals are so rich that usually half of a meal will be more than enough – even salads.

If you're going out for coffee, try sugar-free syrups and non-fat milk to help cut a few calories. It may be difficult, but make sure your eyes don't wander over to the pastry case – keep them busy by engaging your coffee buddy in conversation or people watching instead!

Healthier choices don't always have to involve food either. Rather than driving around for 20 minutes trying to find front-row parking at the shopping centre, park in an open spot at the back and make the walk through the parking lot. The extra steps won't hurt and you will probably save yourself time by not searching for a spot. Take the stairs, no need to wait around for the elevators... work those glutes and earn that extra Christmas treat!

The holiday season has some of the best food, but it can throw you off your health game if you aren't careful. Make sure to enjoy yourself and all the seasonal treats, just don't overdo it. Life should be about balance, so enjoy the abundance of tasty treats (in moderation). ●



TARGET YOUR
ABS (AND A LOT
MORE) USING
GLIDERS.



by Doug Balzarini, CSCS, and Lara McGlashan, MFA, CPT, Fitness Editor photography by Cory Sorensen



DID YOU KNOW? GLIDERS ARE AN IDEAL NON-IMPACT WAY TO GET AN INTENSE CORE WORKOUT. REGARDLESS OF WHICH DIRECTION YOU MOVE, YOUR FEET NEVER LEAVE THE FLOOR.



Want to up the ante on your ab training? Then try some gliding discs. These simple, inexpensive tools will leave your abs screaming and your core fried after only a few reps. Why? Because not only are you performing a challenging move that requires abdominal recruitment, but your core also has to work double time to stabilise and balance one part of your body while the other part slides across the floor.

Your plan: After a thorough warm-up, do 10 to 15 reps of each move in a circuit, rest 60 seconds, then repeat one to two times more. Do this routine up to three times a week for optimal results. See you on the flip slide!

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Plank tuck and jack

Set-up:

Get into a push-up position with a disc under each foot, your hands wider than shoulder-width apart, and your hips, head and heels in line.

Move:

Keeping your hips low, pull your knees in toward your chest. Extend your legs back to the start, then hold plank as you open your legs out to the sides. Return to the start to complete one rep.

TIP:

Remember to keep your hips low and your head neutral throughout this move.



Forward glide

Set-up: Place a hand on each disc and get on all fours with your hands directly underneath your shoulders and your knees underneath your hips.

Move: Keeping your arms straight, slowly slide them forward along the floor 15 to 30 centimetres and pause. Then contract your abs and draw your arms straight back to the start to complete one rep.

TIP: Keep your abs tight; don't let your hips sag. If you're a beginner, keep your range of motion shorter.



TIP: To make this move harder, move your feet faster.



Mountain slider

Set-up: Get into a push-up position with a disc under each foot, hands underneath your shoulders, and your hips, head and heels in line.

Move: Keeping your hips low and your head neutral, alternately drive your knees in toward your chest using an even pace.



DON'T HAVE DISCS? NO WORRIES. USE PAPER PLATES FOR CARPETED FLOORS AND SMALL, FOLDED DISH TOWELS FOR WOOD OR TILE FLOORS.

TIP: Think about initiating this move by contracting your abs to draw your hips and heels backward rather than using momentum.



Reverse plank pull-through

Set-up: Sit up tall and place a disc underneath each heel, feet flexed. Extend your legs in front of you and place your hands on either side of your hips, fingers forward. Keeping your legs straight, press your hips toward the sky until your head, hips and heels are in line in a reverse plank.

Move: Keeping your arms extended, tuck your pelvis and pull your hips and heels backward so your upper body moves back and in between your arms. Pause and squeeze your abs hard before returning to the start. ●



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ACTIVE SWIMWEAR

It can be hard to find swimwear to get active in. A long run or a beach circuit is the last thing you want to do if you have a bikini that slips up, down or doesn't support you well. However there are options out there that will complement your active lifestyle. Here are some of the great pieces of active swimwear available to keep you moving, supported and of course, looking great!



Bahamas Tie Back Bikini Top and Cheeky Hipster Pant

Rival Swim's exclusive fabrication provides chlorine-resistant swimwear for the whole family that lasts 20 times longer than other swim fabrics. With built-in UPF 50+ sun protection and quick drying properties, this swimwear is perfect for all actives – surf, sand and beyond!

www.rival.com.au



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www.runningbare.com.au



Kozii Lilii Triangle Top and Bella Brazil Pant

With curved panels to give a nice shape, comfortable fit and great look, as well as crossed over straps that adjust to suit all sizes, this bikini top is a summer essential. The wide band on the bottom provides extra support, plus it's reversible too. Pair it with the Bella Brazil Pant which has a cheeky bottom and wide band on the waist. Made from a 100 per cent sustainable recycled fabric and perfect for training or relaxing, you'll feel great in Kozii!

www.kozii.com

Bee Racey Bikini Top and Pant

This bikini features a thick under-bust support band with adjustable straps for custom fit, a generously shaped wider bra and power mesh lining for added support. Made of ultra chlorine resistant lycra, it's perfect for swim training in the pool or the ocean, yoga or gym activities, surfing, SUP'ing and more!

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▶ SWEET SUPERSTAR:

Believe it or not, acai fruit pulp is even richer in anti-ageing antioxidants than cranberries, blueberries, raspberries, strawberries or blackberries, providing powerful protection against unwanted free radicals.

▶ **GOT WHEY?** Round out your snack time with a heaping scoop of whey protein powder that fuels muscles and boosts fat loss.

▶ CRAZY COCONUTS:

Whether you like the pulp, juice, water or milk, you'll reap the benefits of keeping coconut in your arsenal — that's because coconut is packed with hydrating electrolytes, filling fibre and fats that keep your metabolism revving and heart healthy.

▶ HYDRATION HEROES:

Ditch your sports beverage for bananas — they have more potassium than any other fruit and are a great source of vitamins, minerals and fibre.

Power eats

Feed your muscles with this protein-packed acai bowl.

By Shoshana Pritzker, RD, CDN



You can enjoy an acai bowl any time of day — breakfast, lunch or dinner. In fact, snacking on a hearty bowl of frozen goodness like this one will leave you feeling happily full for hours while providing your muscles the nutrition they need. That's because this chocolate almond coconut power acai bowl is loaded with fibre and protein — the perfect combination of nutrients to fill your belly without overdoing it. Acai bowls are meant to be thick and creamy, served in a bowl, and eaten with a spoon like ice cream. Try this recipe for yourself and

see how easy it is to whip up one of these delicious snacks.

CHOCOLATE ALMOND COCONUT POWER ACAI BOWL

Makes 1 large serving or 2 smaller servings

Ingredients:

2 packets of frozen acai berry pulp (unsweetened)
1 scoop vanilla whey protein powder
½ cup chopped kale
½ frozen banana
¼ cup light coconut milk

Toppings:

½ banana, sliced
2 teaspoons slivered almonds
2 teaspoons dark chocolate chips
2 teaspoons unsweetened shaved coconut

Directions:

1. Place all ingredients into a blender and mix until smooth, thick and creamy. The mixture should be very thick. If it's too chunky, add a little bit more coconut milk. Pour into a bowl and top with sliced banana, almonds, chocolate chunks and coconut flakes. Enjoy with a spoon!

Fast fact: The sky's the limit when it comes to acai bowl recipes. Try combining acai berry pulp with cooked oatmeal, adding your favourite fruit or experimenting with different milks.

Nutrition facts (per 1 serving): calories 485, total fat 20 g, saturated fat 8 g, trans fat 0 g, protein 31 g, salt 146 mg, carbs 47 g, fibre 11 g, sugar 16 g

BODY-FAT BUSTERS

Body fat: everyone has it, and everyone wants less of it. But how can you make that happen and still be healthy and perform well? The answer may surprise you.

By Alexander J.A. Cortes and Lara McGlashan, MFA, CPT, Fitness Editor

If you're like many active women, your range of body-fat levels likely hovers between 14 and 24 per cent. So what is the difference between Jane and Joanne Doe, wherein Jane has 15 per cent body fat and Joanne has 22? The assumption naturally is dietary differences: maybe Jane eats super clean 24/7, while Joanne enjoys a glass of wine and dessert several times per week. But really, nutrition is only part of the equation; anyone can diet down to a low body fat with a little determination (and a lot of willpower). But maintaining a lean physique over the long term can be achieved with something you're probably already doing: strength training.

It's your choice!

You know having more muscle mass boosts metabolism, since you need to burn calories in order to maintain and support those cells. But instead of thinking inside the usual gym box, look at strength training from a different angle, one in which body composition is determined by the kind of strength work you do. Because in fact, tailoring your program to focus on performance, power and synergistic compound strength could be the key to shedding those last few percentage points.

Bodypart training is effective if you're trying to bring up stubborn parts or balance certain muscle groups, but it's not very metabolically taxing to work one muscle group at a time. These four training edicts could be the key to unlocking your own potential to sculpt a strong, capable body.

**8 GREAT
FAT-BURNING
BODYWEIGHT
MOVES**

Air squat
Lunge
Push-up
Pull-up
Dip
Moving plank
Lateral lunge
Step-up

1. BELIEVE IN BODYWEIGHT

Capably being able to move your own bodyweight not only makes you a better athlete but also makes you leaner. Bodyweight moves incorporate multiple muscle groups while also training your balance, agility and reaction time. The more muscles you work, the more calories you burn. The faster you get, the more calories you burn. The more agile and quick you are, the more calories you burn. (See the pattern here?) Bodyweight exercises are also unique in that they can be done for very low or very high numbers of reps and can create a strength, hypertrophy or metabolic fat-loss effect, depending on the rep range.

Take action: Put bodyweight moves at the beginning of a strength workout to warm up muscles and train movement patterns. Add them at the end of a strength workout as a burnout, doing high reps for volume to encourage hypertrophy.

“

**TAILORING YOUR PROGRAM
TO FOCUS ON PERFORMANCE,
POWER AND SYNERGISTIC
COMPOUND STRENGTH COULD
BE THE KEY TO SHEDDING THOSE
LAST FEW PER CENTAGE POINTS.**

”



**10 FAB
EXPLOSIVE
MOVES**

Squat leap
Power snatch
Power clean
Push jerk
Box jump
Broad jump
Speedskaters
Tuck jump
Switch lunge
Medicine-ball slam

“**THE RESULT IS A TRIPLE WHAMMY OF INCREASED MUSCLE AND STRENGTH, WITH A DECREASE IN BODY FAT.**”

2. POWER UP

Compound and powerlifting moves are some of the most effective around when it comes to building strength. Why is strength important for fat loss? According to research in the *European Journal of Applied Physiology*, the stronger you are, the greater your exercise intensity and the higher your energy consumption both in the gym and out. And the more mass you have, the more calories you burn and the more fat you'll lose as a result; powerlifting and compound moves by their very nature build muscle.

Take action: If you're not familiar with big lifting movements, get a certified professional to show you the ropes. There are definite and specific techniques that should be applied to keep your body safe and make the gains and progress that you're angling for. Once you're familiar with the lifts, blend them into your program so they land in the first couple of slots in your workout when you're freshest and have the most energy. Build in weight slowly over the course of several months to keep your joints and connective tissues safe.

3. JUMP TO IT

Incorporating explosive athletic movements such as jumps, throws and Olympic lifts (snatch, clean-and-jerk) into your program targets fast-twitch muscle fibres. These are the largest and strongest

THE BIG POWER 5

Squat
Deadlift
Bench press
Overhead press
Smith-machine lunge

THE SKINNY ON FAT

While shedding fat is key to a lean body, experts agree that you may run into health risks if you go too low for too long. For healthy body-fat percentage ranges based on your fitness level, follow these guidelines:

Top athletes:

15% to 20%

Fit women:

21% to 24%

Healthy/

acceptable:

25% to 32%

Overweight:

33% plus

muscle fibres in the body, metabolising the most energy and improving insulin sensitivity and your ability to burn stored body fat, according to research in the *ACSM Exercise and Sport Sciences Reviews*.

"Explosive training also causes a release of adrenaline, which hormonally triggers thermogenesis," says Jennifer Petrosino, CSCS, and a professional powerlifter. "The result is a triple whammy of increased muscle and strength, with a decrease in body fat."

Take action: Dedicate one to two workouts per week to explosive training such as plyometrics or Olympic lifting. Because it is so taxing, leave at least two days in between these kinds of workouts to allow for full recovery. Again, if you're unfamiliar with this kind of lifting, have a professional show you proper technique to stay safe.

4. SEEK OUT SPEED

Have you ever seen a chunky sprinter? Didn't think so. Recent research demonstrated that sprint training performed three times weekly can reduce body fat by as much as eight per cent, as well as decreasing waist circumference and increasing muscle mass, according to a report in the *Canadian Journal of Applied Physiology*. Athletes who train for speed work at such a high intensity are constantly in a state of EPOC — excess post-exercise oxygen consumption. Their bodies are constantly mobilising body fat and carbs for fuel, boosting thermogenesis for many hours post-training.

Take action: You don't need to be Sally Pearson in order to benefit from a sprinting protocol. Find a local track and try this progressive workout, designed by Martin Rooney, DPT, CSCS, which increases in distance over the course of eight weeks. After a thorough warm-up that includes jogging, running and five to 10 minutes of dynamic stretching and mobility work, do this workout up to twice a week, leaving at least two days of rest between workouts. For each sprint, push yourself hard, then take enough time so you fully recover. Then it's time for the next sprint. ●

Week	Sprints per workout	Distance (metres)
1	6	40
2	8	40
3	6	60
4	8	60
5	6	80
6	8	80
7	6	100
8	8	100

“Everything I eat **TURNS TO FAT”**

BY JOANNE CUGNET

WE DISCUSS
THE FEAR AND
REASONING
BEHIND THE
THOUGHT THAT
FOOD = FAT.



8 STEPS TO BEAT THE FEAR OF FOOD!

Step One: Be willing to accept that this is an issue for you.

Step Two: Be willing to accept that it's not food that hurts and causes you to struggle with losing fat but a misconstrued mindset around food.

Step Three: Be willing to get some professional help.

Step Four: The best place to start finding that professional help is to visit a GP you respect and trust.

“We all know that food doesn't automatically mean we get fat. On the contrary, we know the right kind of foods in the right amounts make us look fantastic!”



Then you look in the mirror you don't like what you see. In fact you've never been satisfied with the body reflected back. For years you've carried that extra fat. Yes, you've lost it at times but you had to cut extreme calories to do so. When you cut calories you lost strength and muscle but you did lose some body fat. It wasn't much fun. Most of the time you felt stressed and anxious wondering how you would get through your training sessions never mind your day. Mentally, emotionally and physically you felt drained until you could no longer put yourself through the torture, you'd start eating again and the fat returned. That fat needs to go but the will to do so is proving elusive. The thought alone of cutting your calories again fills you with dread. You just can't put yourself through that stress and anxiety again. But you want to drop that fat. You feel stuck and you don't know what to do...

It's a demoralising reality when you're faced with a goal and the only seeming strategy to achieve that goal is so unappealing that you just can't muster the commitment to action it. Demoralising also because you usually can push yourself past the strain and fatigue but this time your drive has evaporated. You are at a loss.

Now as many of you avid *Oxygen* readers know, low-calorie diets don't work. You know that you need to eat to lose body fat. Because when you eat enough of the right stuff you:

1. Build and maintain lean muscle mass
2. Boost your metabolism

And this creates a fat-burning furnace within you!

But why, despite knowing this, do some of us still turn to serious calorie cutting to lose that unwanted fat? ►

Step Five: Share your concerns with them.

Step Six: Ask your GP to refer you to a dietician/ nutritionist and possibly a clinical

psychologist, preferably a professional who specialises in eating concerns around food.

Step Seven: Book an appointment and go! Most dieticians/ nutritionists are covered by private health

insurance too. Your GP will also be able to organise a mental health plan that means you will be covered by Medicare for six sessions. So financially, there is no reason not to attend.

Step Eight: Persist! Years of fear building may take more than a few weeks/months to dismantle to manageable levels.

Now there are a myriad of different reasons why but let's tune into the one that many people struggle with the most. That reason has nothing to do with will but with fear. Many of us have an overpowering fear of food – fear that every morsel we put in our mouths is going to make us fat.

Now this fear is not something that has developed overnight, it's often taken years to increase in size, strength and power. But where does this fear of food come from?

One of the possible answers could lie in the past. Maybe as a child or a teenager or even a young adult you were confronted by the stark reality that your body wasn't as lean or the same shape compared to the images that you saw around you, in the media or in your peer group. The reality of this hit you so hard that mentally and emotionally you felt great pain.

When you are in pain, what is your immediate reaction? Usually it's to seek pain relief ASAP! So to relieve the pain of looking 'wrong' and to get your body looking the 'way it should', you need to act immediately.

Your immediate pain relieving action is to stop eating, because in your mind food means fat. Food means fat because eating is what is causing the problem. Therefore to solve the problem urgently you need to stop the offending component and that is stopping the food.

You can see there is no rational to the conclusion drawn. We all know that food doesn't automatically mean we get fat. On the contrary, we know the right kind of foods in the right amounts make us look fantastic! But when we are in emotional pain we make assumptions based on these extreme feelings. Therefore it's not just certain foods that are an issue but all foods!

Now that the fear of food and the drive to avoid it is in place, fat loss can occur. As the body fat goes down, so too does the stress and anxiety over not looking 'right'. Phew! Problem solved, right? Wrong.

Your body needs food. You need to eat. So what happens when the need to eat starts to overwhelm you and begins to overpower the need to not eat? What does that mean for your body and how you look?

What it means is that you start eating again and your body returns to its original shape. The pain of not looking 'right' sets right back in and the agony occurs all over again. You can only bear this agony for so long though and so the cutting of calories begins again; the traumatic fat loss/gain cycle has taken hold.

So what do you do about this? If the thought of eating anything fills you with dread, then you need to embrace an alternative method of fat loss that encourages you to eat to lose fat.

“If the thought of eating anything fills you with dread, then you need to embrace an alternative method of fat loss that encourages you to eat to lose fat.”



You can embrace an alternative way of losing body fat that does allow you to eat. When you work through that fear of food you'll see that food is not the enemy and so many foods are there to help you lose body fat, not hurt you! Getting that mental and emotional block out of the way means you can

explore new ways of eating that can ultimately yield sustainable body fat loss results.

It takes a brave and courageous soul to step beyond the past, but you now have the skills and way to do so! ●



JOANNE CUGNET

Joanne is a specialist who will help you truly understand how to think and how eat in order to achieve the greatest weight loss you're capable of. Find out more or contact Joanne via www.joanneprior.com

Berry blast

Rev up your energy and brainpower with this antioxidant- and protein-packed recipe. **By Allison Young**



BERRY BUTTERMILK SMOOTHIE

Makes 1 serving

- 1 cup low-fat buttermilk
- ½ cup frozen blueberries (unsweetened)
- ½ cup frozen blackberries (unsweetened)
- 1 scoop vanilla whey protein powder
- ½ teaspoon cinnamon
- handful of ice cubes

Place all ingredients in a blender and mix until smooth.

Nutrition facts (per serving): calories 246, total fat 4 g, saturated fat 1.5 g, protein 20.5 g, salt 250 mg, carbs 36 g, fibre 6.5 g, sugar 28 g

If you want to reduce the sugar, use fewer berries and more ice.

BETTER BODY BENEFITS!

»Brain lolly

Blueberries, one of nature's most potent antioxidants, can bolster the brain. Research shows anthocyanins, antioxidant flavonoids that give the berries their blue hue, can boost memory, learning and even coordination.

»Performance boost

Researchers have linked quercetin, a flavonoid found in berries, to increased energy efficiency and endurance. Win-win!

»Buttermilk is better

The tangy-tasting cultured drink is thicker than whole milk yet contains 50 fewer calories per glass (and it's easier to digest). Buttermilk is also high in calcium and "good" bacteria, and it adds a creamy kick to smoothies, plus plenty of protein — we're talking a whopping 8 grams per cup!

»Yay for whey!

Whey protein can zap hunger pangs and appetite. In one study, those who drank a beverage containing whey had significantly reduced levels of ghrelin, a hormone that increases appetite.

Get your glow on! The vitamin C in berries helps regenerate collagen, giving you a glowing complexion.

WHY BRAIN HEALTH MIGHT BE THE KEY TO MANAGING YOUR WEIGHT AND REACHING YOUR FITNESS GOALS



Are you MENTALLY FIT?

BY JURIE ROSSOUW



WE SPEND SO MUCH TIME FIGURING OUT WHAT TO EAT AND HOW TO EXERCISE, BUT HOW OFTEN DO WE THINK ABOUT THE ONE ORGAN THAT MAKES IT POSSIBLE FOR US TO MAKE THE RIGHT CHOICES IN THE FIRST PLACE? Without a healthy brain, all your attempts to stay lean and reach your body goals may fail.

Why? Because your brain houses all your thoughts and actions and if the organ that produces your thoughts and actions isn't functioning properly, you will not be able to do the right thing at the right time to make your dreams a reality.

Sticking to a healthy lifestyle, with the right foods and exercises, can easily feel like a mental marathon. Day after day you have to make the right choices and not go off track. This mental part of the game is exactly why you need mental fitness.

Naturally, a healthy brain is an important part of mental fitness since it will give you the strength you need to stick to a **healthy** lifestyle.

So how does a healthy brain help you? Let's take a look!

A struggling brain can make you feel tired all the time

Anyone who has struggled with constant tiredness knows how incredibly difficult it is to stick to a healthy diet when you just don't have the energy. Even cooking a basic healthy meal can seem too hard and the serotonin and dopamine release of fast food can be all too tempting in these situations, so you just order a takeaway instead.

Chronic tiredness can be caused by all kinds of vitamin deficiencies such as vitamins B1, B5, B9, B12 that all play a crucial role in brain health. This is why it is so important to eat a balanced diet that properly caters for all the nutritional needs of your brain.

Another factor that can cause tiredness is not getting the right balance of proteins, dietary fats and carbohydrates. The easiest fuel source for the body is carbohydrates, but you need to be careful here as high GI carbohydrates such as white breads, pasta and sugar give a quick energy spike followed by a crash. You need consistent energy to last through the day, so stick to lots of veggies for slow-release consistent energy. This smoothens out energy release not just for your body, but also for your brain that has to regulate this careful balance.

*“Consistent healthy choices and healthy thinking **builds and strengthens new neural pathways** that help you stay consistent and get results.”*



Your brain is the key to conquering cravings

Brain scans have shown how tiredness increases activation of the amygdala, which is the neural structure that controls the fight-or-flight response. These studies also show how activation of the amygdala causes an increase in cravings for

junk foods. This means when you are stressed, worried or even tired, you are much more likely to succumb to cravings than usual.

This happens because the amygdala is more impulsive than your frontal cortex, which is

the smart part of your brain. You need the smart brain to be able to make better decisions and keep the amygdala at bay so that you don't succumb to cravings. Consistent healthy choices and healthy thinking builds and strengthens new neural

pathways that help you stay consistent and get results. If you want to overcome craving all those delicious and irresistible snacks, you need to have a brain that is functioning at peak condition. ➤





*“The healthier your brain, the **easier it becomes to make a permanent lifestyle change** to achieve your health and body goals!”*



JURIE ROSSOUW

Jurie is an expert on resilience and takes a unique approach to healthy living by focusing on building mental fitness through personal resilience, brain health and evidence-based nutrition. Through his book *Think Lean Method*, he helps people make lasting lifestyle changes to enhance their mind and body health, to support success in all areas of their lives.

For more information visit www.thinkleanmethod.com

A healthy brain is faster at adapting to a healthy lifestyle

Your brain contains a chemical compound called Brain Derived Neurotrophic Factor, or BDNF for short. This is like steroids for your brain because it creates new brain cells so the brain can adapt and change. When you have low BDNF, your brain and thought patterns start to become rigid and you struggle to keep adapting and learning.

This makes a sudden switch to a healthy lifestyle difficult, as you need to make a lot of changes to put your new lifestyle into action. If your brain is struggling to adapt, then your new lifestyle doesn't become 'ingrained' in

the brain through new neural pathways, and eventually you relapse to your old unhealthy lifestyle because that is what your brain is used to.

Luckily you can boost your BDNF! First, exercise gives a big BDNF boost and quickly builds new brain cells, making both your body and brain fitter. Second, eating sugars and fats together (yes, that means chocolate, ice cream and those glazed donuts!) reduces BDNF and holds back your mental fitness, so cut back on these types of food and replace with healthy foods instead. Third, quality sleep every night

is crucial for your brain to recover after each day and build new pathways during the night. Try to get at least seven to eight hours of quality sleep each night and see what a difference it makes.

It is important to remember that if you are making a big lifestyle change, it will take your brain a little while to get that BDNF flowing and building new neural pathways. It might be hard, but know that each time you make a healthy choice, those healthy neural pathways gets stronger and stronger, making it easier to stick to in the long term.

Brain health affects your mood

Cholesterol is usually seen as a big enemy of good health, so it may come as a surprise that low cholesterol can be very bad for your mood! This makes sense given that the brain mainly consists of fats, which include cholesterol. If your brain is running low on a key component, it will come as no surprise that your brain function will suffer. In fact, studies show that people who were given diets to drastically lower their cholesterol levels were

found to have increased irritability, aggression and even self-harm.

An imbalance of nutrients can cause symptoms such as confusion, poor concentration or even depression. Consistently choosing the right foods to feed your brain will help keep your mood even so you don't crave unhealthy snacks. Focus on eating unprocessed whole foods and cutting out added sugars. A balanced diet with lots of vegetables and healthy fats will keep your brain in top shape.

A healthy brain will help you manage your weight, curb your cravings and feel great. It is absolutely possible to improve your brain health by consistently making the right healthy choices. You might even notice positive changes such as more mental clarity, better focus, attention and memory as your brain health improves. The healthier your brain, the easier it becomes to make a permanent lifestyle change to achieve your health and body goals! ●

Summer snacking

Done Right

SUMMER CAN BE A TIME OF YEAR WHEN OUR NUTRITION PLANS FALL A LITTLE OFF TRACK, BUT WITH THESE SNACKS UP YOUR SLEEVE, YOU'LL STAY NOURISHED, SATISFIED AND BE LESS TEMPTED TO OVER-INDULGE!



DITCH THE ADDITIVES

Ditching the bewildering and confusing array of ingredients or additives, Extreme Burn was born. As a new premium, pure protein powder, it is scientifically engineered to maximise the training and recovery for athletes and regular exercisers. Made from 100 per cent grass-fed whey, it is great tasting and available in chocolate and vanilla flavours.

For more information visit [change to
www.purewarrior.com.au/products/](http://change.to/www.purewarrior.com.au/products/)

GOING COCONUTS ABOUT COCONUTS

Dairy-free, gluten-free, low in sugar and made using coconut milk, Nudie's new creamy coconut yoghurt is a great alternative for people with lactose intolerance, casein allergies or those who are limiting their dairy intake. Not only does it taste delicious, it's also dairy-free, contains no nasties and is full of probiotic (good) bacteria.

For more information visit www.nudie.com.au

FOX-FRIENDLY VEGAN GINGERBREAD MAN

The gingerbread man you know and love is available as a delicious vegan variety! Whether you're lactose intolerant, choosing a vegan diet for health, or concerned with animal welfare, you can enjoy these cookies with confidence. This allergy-friendly treat is dairy-, egg- and nut-free. The clean ingredients do not contain additives or preservatives and are proudly palm oil-free.

For more information visit www.gingerbreadfolk.com.au



MOVE ASIDE KALE, TIGERNUTS ARE HERE

Highly nutritious, gluten-, dairy- and nut-free, Tigernuts are one of the world's oldest sources of nutrition. Rich in magnesium, iron, vitamins E and C, they are full of fibre and good fats and are the number one natural source of resistant starch, a prebiotic starch that acts as food for the good bacteria in the intestine.

For more information visit www.tigernutfoods.com.au



SAVOUR THE TASTE OF 'SUPERFOOD' QUINOA

Quinoa Cheddar chips are produced with a sharp flavour and rich creaminess, combining the nutty flavour of quinoa and a hint of fresh, aged cheddar. Containing zero grams of trans-fat, no cholesterol, artificial

ingredients, flavours, additives, preservatives or wheat ingredients these chips are made from simple ingredients and are simply delicious.

For more information visit www.simply7snacks.com.au



SIMPLE TIPS TO KEEP YOU TRAINING WHILE TRAVELLING

Stay on track while on the road!

BY LUCINDA NICHOLAS

AS THE YEAR WINDS DOWN AND WE FIND A WEEK OR THREE WORK-FREE, MANY OF US CHOOSE TO GET AWAY AND TRAVEL. THOUGH NOT BEING IN YOUR HOME ENVIRONMENT CAN SEEM LIKE A GREAT EXCUSE TO DITCH YOUR FITNESS REGIME, IF YOU DO SO YOU WILL RETURN FROM YOUR HOLIDAY FEELING LETHARGIC AND LOW IN ENERGY.

While you definitely deserve some rest (no doubt you've been working hard all year) it's important not to get too far off-track as you could lose some of your fitness you've been working so hard to achieve. By following these simple tips, you'll enjoy your travels and return home to tackle your busy schedule feeling more energised and fitter than ever!



LUCINDA NICHOLAS

Lucinda is an Australian model and actress who worked in Bollywood film and travelled to different parts of India on assignments in 2013. Lucinda is part way through a law degree and spent the last three months travelling the world.

1// Effortless exercise.

When travelling, exercise will often end up becoming effortless, as you find yourself doing more than intended. You might walk a lot, lost in the beautiful array of the countryside or immersed in the **hustle and bustle** of the foreign country you are in. From mixing up the buildings or missing your bus or train, it can be a beautiful journey and you will find yourself **if not even** thinking about exercise. Take this extra activity into account and don't be too hard on yourself if you have a few lazy days at the hotel!



2// Five-minute morning workout at home

Dedicate five minutes a day to an exercise in the morning. Reward yourself once you have done it – this way it will become a habit. For example, don't have your tea or coffee and/or breakfast until after you have done your simple five minutes of exercise. You might decide to dedicate five minutes to stretching and try some yoga poses. They will get you and your muscles warmed up for the day. The meditative side of yoga, which focuses on breath, also helps you to tackle the day with a calm attitude and clear mind.

3// Visit a local gym

Find a gym around the area you are staying (determined by how long you are staying) and make sure you get a deal that you can cancel or pay up front. Some memberships come with a free training session. Take these up – it's interesting to see how different trainers operate, you can learn so much by training with various trainers around the world and you can also figure out what works for you and your body by getting insights from different experts.

4// Sight See

Sight seeing? Make it a task to climb the biggest mountain or hike a famous hiking trail in every country you visit. In the US I hiked the Runyon Canyon and climbed to the Hollywood Hills sign. In Atlanta we hiked on Stoney Mountain and in Paris we hiked to the top of Montemarte. Whilst hiking to the top of the Hollywood Hills sign – what was meant to be a 45-minute hike turned into a four-hour hike! We got lost on the way up and it took more than two hours to reach the top and of course we had no other option but to walk back down. The main objective of the hike was to see and experience something new and get to the top of the sign – however getting lost meant more time and more exercise. This was all a part of the process and it was so much fun. Just remember to pack water!

5// Plan your day

Travelling is very exhausting, especially with time travel differences, jet-lag and various other obstacles that you may encounter along the way that may make you feel lazy and settle for eating just about anything! Eating well is important to maintain energy and make the most out of the trip. Make sure you do your

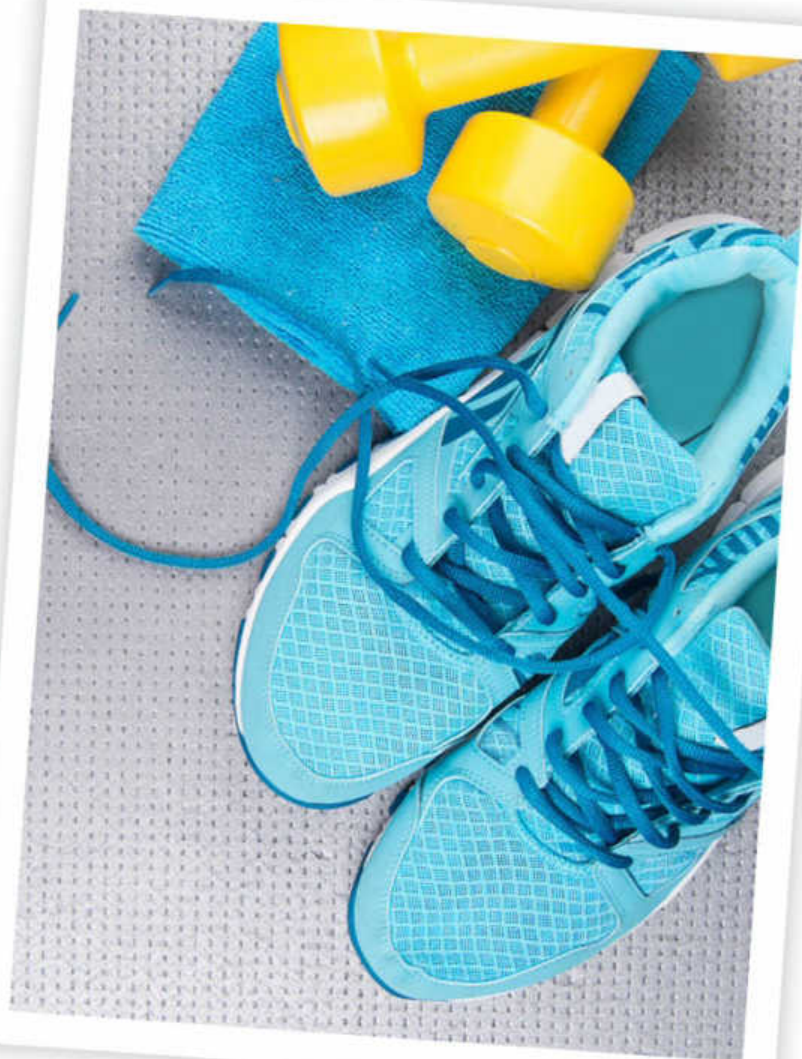
research when you find accommodation – this will help you figure out what you will be eating for each meal without taking up too much time and if you can cook – well that's even better. The last thing you want to do is spend half the day walking around finding a place you're not too sure about. It can be a fun journey either way, but planning is key when you have the day filled with other things you have on your bucket list.

6// Have a 'thing'

Find something you want to learn or something you're already good at. You can do dancing, running, abseiling, surfing and kickboxing etc. all over the world! You'd be surprised at how many options there are once you do some research. A few Google searches should do the trick. Wherever you are, try to find somewhere you can do your new or loved sport/exercise and see how it varies.

Not only will you be doing something new, you'll get to meet a lot of great people along the way. You can learn something from everyone and every experience you encounter and travelling opens up this window of opportunity for all of us.

Make the most out of your time away, have fun and stay safe. ●



Come home from your holiday FITTER AND HEALTHIER

THERE'S NO REASON YOUR HEALTH AND FITNESS SHOULD BE PUT ASIDE WHILE YOU'RE ON HOLIDAY.



We see holidays as a time to unwind, de-stress and relax. While all of those things are necessary for our wellbeing, it's not necessary for us to leave our health and fitness at home as we embark on a getaway. Holidays can be a time of overindulgence, lower levels of activity and general falling out of routine. However, they can also be a time where you treat your body right, just like you do at home.

Fitness and health holidays have taken off recently as people become more health-conscious and are looking to get the most out of life each and every day. And to get the most out of life, it's important to nourish and move our bodies.

We're not saying you need to continue your regular routine while on holiday – actually you'll have a lot more fun if

you do the opposite – but it's important to take care of yourself so you don't return home exhausted or with less energy than when you left.

Keeping fit and healthy may not be your first priority while vacationing but if you do keep moving and nourished you'll come home feeling energised, fit, alive and

ready to get back into the swing of things.

So what are fitness holidays really about? We sent Oxygen's business development manager Chanelle O'Hare to find out!

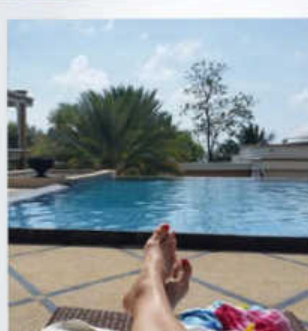
Like all of us here at Oxygen, Chanelle leads a very busy life, with health and fitness one of her top priorities. When she was after a getaway to recharge, she was advised by Health

and Fitness Travel of their Fusion Fitness program. They sorted out all her itinerary so it wasn't something she had to worry about, she simply just showed up looking forward to sampling a variety of health and fitness experiences which had been pre-scheduled for her.

At Absolute Sanctuary in Thailand Chanelle tried many new activities – some of



Enjoying time at the resort



Relaxing by the pool



Spending time with other like-minded women

which she'd never even thought about trying at home. One of these was the fully interactive and dynamic group Pilates reformer class focused on strengthening core muscle groups, burning fat and building long, lean and toned muscles.

Chanelle also tried Core Blast, a complete exercise system and energetic workout guaranteed to burn fat, tone muscles, shape butts and strengthen the core. Core Blast centres on Core Suspend, a highly effective training tool using two separately anchored suspension ropes which ensures core activation and full engagement of the entire body.

"It was such a pleasure to be able to get in a yoga class and meditation each morning before setting out to see the sites. If I ever decided to overindulge (as one does on holiday), I could always come back to the hotel and cleanse with some fresh juices, smoothies, the steam room and a therapeutic massage."

Absolute Sanctuary has the most divine raw food menu that would satisfy even the most discerning tastes. I had a perfectly balanced holiday as I was able to have many adventures and then retreat to the sanctuary for peace and restoration any time I liked.

The Core Blast and Pilates classes were very effective and I noticed a considerable improvement in my core following the days I participated in these classes.

Having Health and Fitness Travel organise the holiday was just what I needed to take the stress out of "planning". I would definitely recommend a fitness holiday to provide a balanced and a well rounded experience. I returned home feeling refreshed, renewed and in better shape than when I left home. I definitely wasn't feeling like I needed another holiday to get over this one!"

Chanelle O'Hare

Interested in your own fitness holiday?

Health and Fitness Travel sells a variety of tailor-made health programs for singles, couples, families and friends. They offer healthy travel experiences which revolutionise the way people think about travel. For more information visit *Health and Fitness Travel's* website www.healthandfitnesstravel.com.au or give them a **call today on 1300 551 353.**



Discovering a new direction

BY ERIN LECKIE | PHOTOGRAPHY BY ARSENIK STUDIOS

FAST FACTS

Name: Holly Weselowski

Age: 26

City: Saskatoon, Canada

Height: 163cm

Occupation: Registered Nurse

If you ask Holly Weselowski to describe her life before she found fitness, she'll sum it up in one word: directionless. The young Canadian was incredibly self-conscious and upset with the image she saw reflecting back at her in the mirror each day. Despite having so much going for her, Holly was unhappy, both inside and out.

Like many young women, it wasn't until Holly's wedding day began fast approaching that she finally decided to commit to her fitness journey. It turned out to be a more eye-opening experience than she ever imagined and with new habits and a structure given to her life, she no longer felt directionless. Training gave Holly a place where

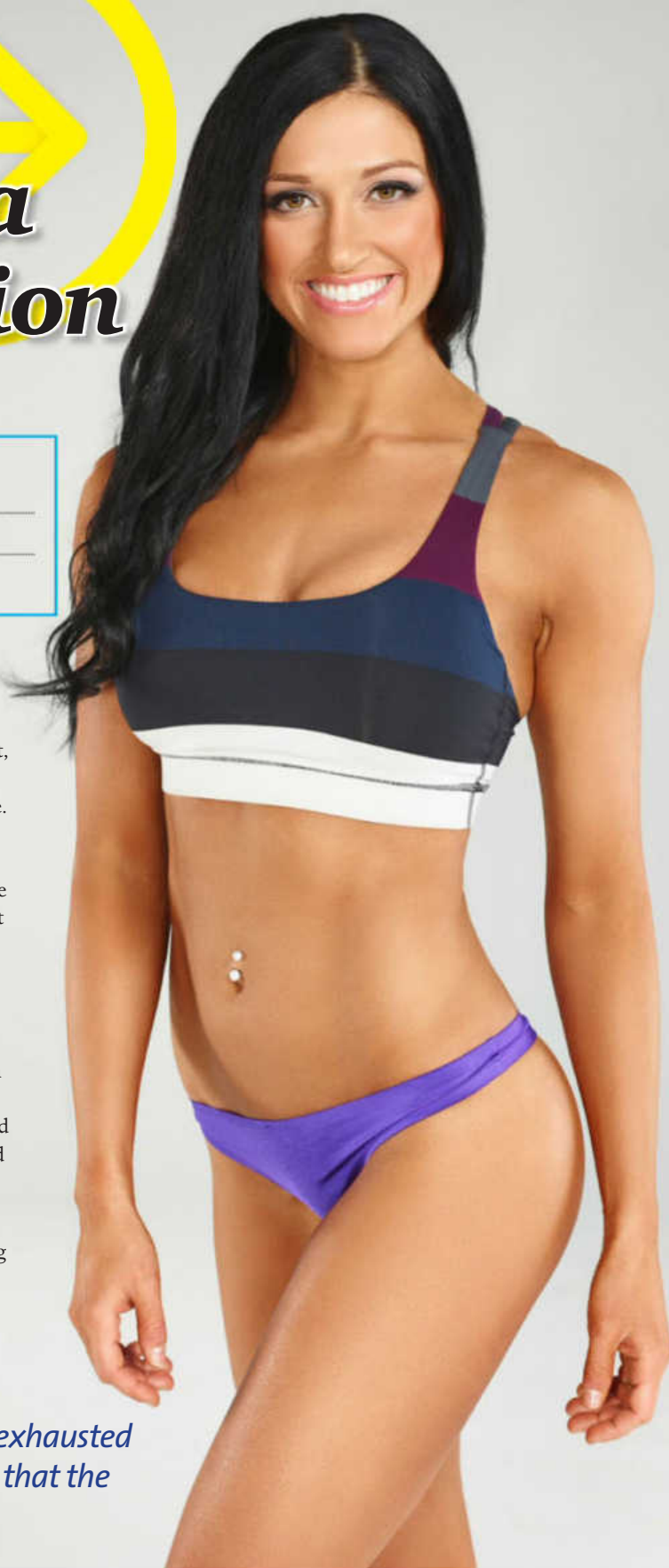
she could de-stress, and gave her something new to work towards every day.

Holly's big day came and went, but her newfound love of fitness wasn't going anywhere. She felt like a completely different person; someone who had a healthy and positive outlook on life. Holly says that working out now helps her to feel strong, alive, free and attractive.

"I love how I can combine so many positive emotions into a couple hours of my day; there really is nothing I look forward to more than lifting heavy and getting a great sweat on!"

It's now been several years since Holly's first ever training session, in which she'd hired local trainer Don Smith to take her through a variety of different exercises.

"My trainer chuckled to himself with how exhausted I was after my first session but assured me that the reward would be well worth the effort."



"My trainer chuckled to himself with how exhausted I was after my first session but assured me that the reward would be well worth the effort," laughs Holly.

He was right, and Holly went on to compete in fitness modelling, progressing quickly within the sport. Last November she became a UFE Pro after winning Bikini World Champion and also winning her Pro card in the Fitness Model division at the Ultimate Fitness Events Championship. To achieve her new goals as a physique competitor, Holly had to step up the intensity of her training and admits her natural competitive nature is what motivated her.

"I am a competitive individual and I think I was drawn to the industry simply because of that personality trait. Once I discovered I could potentially be competitive at the sport, I buckled up and just kept going!"

While Holly has loved seeing the changes within herself, both physically and emotionally, she says the most rewarding aspect of her journey so far has been watching similar healthy changes in those around her.

"Motivating others to better their lifestyle and to push themselves past their comfort zone is something I love to see," says Holly.

"Seeing others taking care of their health through fitness and nutrition is amazing and to know I may have assisted in that change humbles me."

"There really is nothing I look forward to more than lifting heavy and getting a great sweat on!"

Already a qualified nurse and paramedic, the 26-year-old is now planning to take her passion for health and wellbeing to the next level by gaining qualifications in both training and nutrition, in order to further help those around her. Her advice to women currently looking to get into the best shape of their lives is simply to 'jump right in!'

"Ask lots of questions and don't be afraid of what others think of you while you start your fitness journey," says Holly.

"Everyone in the gym has been in your shoes: scared of ridicule or being judged but I really believe people are happy to see beginners

take on the challenge as they know how great the feeling is!"

Throughout her journey Holly has learnt never to set limitations on her capacity to grow and evolve. She consistently sets herself both short- and long-term goals, setting the bar higher each and every time. It's a far cry from the directionless young woman who simply started exercising to look good for her wedding day all those years ago.

"I truly never thought I could work as hard as I have and accomplish everything I have in my life. It was hard to believe I could be successful, especially in the realm of fitness and health.

"Proving I could be a healthier version of myself is all I could ever ask for and I believe I have done so in all areas of my life."

These days, Holly is working hard on improving her overall physique for the next time she steps up on stage while also building her profile as a role model within the fitness industry. She hopes her story will help inspire and motivate others who wish to better themselves in the realm of health and fitness. ●



CONNECT WITH HOLLY

Facebook: Holly Weselowski UFE Pro
Instagram: @holly_legge

EAT LIKE HOLLY

MEAL 1

- Multivitamin, vitamin C, omega 3
- 1 cup of egg whites
- ¼ cup of oats

MEAL 2

- 1/3 cup of vanilla yoghurt mixed with whey vanilla protein powder
- ¼ cup of strawberries
- 12 almonds

MEAL 3 (PRE-WORKOUT)

- 85g of chicken
- ¼ cup of cauliflower
- 1 tsp of oil
- 1/3 cup of quinoa
- Chipotle spices mixed into a stir fry

MEAL 4

- 115g of Tilapia
- ½ cup of sweet potato 'fries'
- 12 cashews sautéed

MEAL 5 (PRE-WORKOUT)

- 2 cups of romaine salad
- ½ cup of coleslaw
- ½ cup spinach
- ½ cup of variety veggies (capsicums, carrots, broccoli)
- 1 hardboiled egg white
- 12 cashews
- 2 tbsps of low fat dressing

MEAL 6 (POST-WORKOUT)

- ¾ cup of egg white
- ¼ cup of ground oats
- Cinnamon
- Vanilla extract
- All mixed together in a bowl and served as a pancake topped with sugar-free syrup!

by Jessie Shafer, RD

photography by Cory Sorensen

Let's talk

turkey

**There's more
to turkey
leftovers than
sandwiches.
Here are five
fast and fresh
ways to enjoy
them in
15 minutes
flat.**

It may seem all you're left with after hosting a holiday meal is a big pile of dishes. But this year, rejoice in all the leftovers, which means a week's worth of easy meals ahead!

For many of you, chicken is your go-to protein. But don't overlook your other poultry options. A 115-gram serving of roasted white and dark meat turkey (just shy of one cup chopped) contains 25 grams of protein for only 175 calories. And though it seems intimidating to roast a whole bird, it's surprisingly easy to do (see page 138). Wondering how much to make? You can estimate 450 grams of turkey per guest, so for 12 guests you would need to roast a 5.5 kilo bird. If you want a lot of leftovers, buy a bigger turkey and shred or chop the leftover meat before chilling or freezing.

Boost your good cholesterol → As an active woman, niacin — which is abundant in turkey meat — is an especially important nutrient for you. You need niacin to properly use calcium in your body and to repair DNA. It's also essential to get enough niacin to give your good HDL cholesterol a boost and to lower triglycerides. But even more importantly, you need niacin to release and use the energy from everything else you eat, helping to break down and absorb carbohydrates, fats and proteins. A 115-gram serving of roasted turkey contains 7 milligrams of niacin, half of your daily requirement.





Turkey strawberry salad with pistachio-goat cheese balls

Not only does this salad make you feel like you're dining at a fancy restaurant, but you get a serving of three different foods to maximise your nutrient intake — this one is particularly rich in potassium and vitamins A and K.

ingredients

- 16 fresh medium strawberries, stemmed and sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- pinch salt & black pepper
- 8 cups baby spinach leaves (loosely packed)
- 2 cups shredded, cooked turkey
- 55g goat cheese
- ¼ cup coarsely chopped pistachios

directions

→ In a mini food processor place four of the strawberries, olive oil, balsamic vinegar, honey, salt and pepper; process until smooth. Drizzle dressing over spinach and toss to coat. Divide coated spinach among four servings plates. Divide the remaining 12 sliced strawberries among the salads and top each salad with ½ cup of the shredded turkey. Divide the goat

cheese into four portions. Divide each portion in three and roll gently between your palms to form a ball. Roll goat cheese balls in the chopped pistachios. Top each salad with three of the goat cheese balls.

nutrition per serving:
307 calories, 17 g total fat (5 g saturated fat, 0 g trans fat), 215 mg salt, 13 g carbohydrates (3 g fibre, 8 g sugars), 26 g protein

makes 4 servings → serving size: 2½ cups
total time: 15 minutes



Turkey brown rice bowl with peanut sauce

ingredients

- 1 (340-gram) microwaveable bag fresh stir-fry vegetable blend (broccoli, carrots, snow peas)
- 1 (240-gram) microwaveable packet brown rice or brown basmati rice
- 2 cups chopped, cooked turkey
- ½ cup creamy peanut butter
- ½ cup water
- 1 tablespoon rice vinegar
- 1½ teaspoons sesame oil
- ½ teaspoon crushed red chilli flakes
- ½ teaspoon salt
- Sesame seeds, optional

directions → Microwave stir-fry vegetable blend according to package directions. Carefully open steam bag and spread vegetables on a cutting board. When cool enough to handle, chop vegetables into bite-size pieces. Meanwhile, microwave brown rice according to package directions. Place chopped vegetables, cooked brown rice and turkey in a large bowl. In a medium bowl, combine

peanut butter, water, rice vinegar, sesame oil and red chilli flakes; whisk until peanut butter softens and sauce is combined and pourable. Pour sauce over vegetable-rice mixture and toss to coat. Sprinkle salt over mixture and toss gently. Divide mixture into four bowls and, if desired, garnish with a sprinkle of sesame seeds. Serve immediately.

This fill-you-up rice bowl will stick with you and give you energy to get through the day. Arginine, an amino acid that is high in peanut butter, helps you pump blood more efficiently by expanding blood vessels.

**makes 4 servings → serving size: 1½ cups
total time: 15 minutes**

nutrition per serving:

460 calories, 22 g total fat (5 g saturated fat, 0 g trans fat), 546 mg salt, 37 g carbohydrates (6 g fibre, 7 g sugars), 31 g protein



Turkey salad with pepitas & pita chips

Dried cranberries and pumpkin seeds give this turkey salad a flavour boost and a good dose of antioxidants. Pack the salad and pita chips separately and grab them on your way out the door for an easy and healthy lunch to go.

ingredients

- 3 cups chopped, cooked turkey
- 3 stalks celery, finely chopped
- 2 green onions, white and green parts finely chopped
- ½ cup dried cranberries
- ½ cup unsalted pepitas (raw pumpkin seeds)
- ½ cup reduced-fat mayonnaise with olive oil
- 1 tablespoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 115 grams lightly salted pita chips

directions → In a medium bowl, combine turkey, celery, onions, cranberries and pepitas. Stir in mayonnaise, mustard, salt and pepper; toss to combine and coat all the ingredients. Divide turkey salad among four plates. Serve with pita chips.

Nutrition per serving:
467 calories, 25 g total fat (4 g saturated fat, 0 g trans fat), 642 mg salt, 28 g carbohydrates (3 g fibre, 7 g sugars), 37 g protein

makes 4 servings → serving size: 1 cup salad & 30 grams pita chips; total time: 15 minutes



Easy turkey spring rolls

ingredients

- 2 cups shredded, cooked turkey
- ½ cup shredded carrot
- ½ medium cucumber, cut into thin strips
- ¼ cup packed chopped fresh coriander
- ¼ cup packed chopped fresh mint
- 3 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 1 teaspoon sriracha (hot chilli sauce)
- 2 tablespoons hoisin sauce
- 10 square or circular sheets rice paper
- 1 tablespoon chopped peanuts

directions → In a medium bowl, combine turkey, carrot, cucumber, coriander and mint. In a small bowl, combine 2 tablespoons of the lime juice, fish sauce and sriracha. Pour over turkey mixture and toss to coat. To assemble spring rolls, working one at a time, soften a sheet of rice paper individually by placing it in a rimmed baking sheet filled with hot water. Dip and turn rice paper in hot water until it becomes soft and pliable, about 30 seconds. Place rice paper sheet, smooth side down, on a cutting board. If using square rice paper, place

one point away from you. Mound a generous ¼ cup of the turkey mixture on the side of rice paper that is nearest to you. Fold rice paper from bottom over the filling and to the centre of the rice paper. Fold in sides of rice paper and roll tightly to enclose filling like a burrito. Repeat with remaining ingredients. In a small bowl, whisk together hoisin and remaining 1 tablespoon lime juice; divide between two small dipping bowls. Sprinkle peanuts over dipping sauce. Divide spring rolls between 2 serving plates and serve with dipping sauce.

These high-protein, crunchy, herb-filled spring rolls will hit the spot when you're craving something lighter and fresh. Make them ahead or let everyone assemble their own at the table.

makes 2 servings → serving size: 5 spring rolls & 1 tablespoon dipping sauce; total time: 15 minutes

nutrition per serving:

408 calories, 8 g total fat (2 g saturated fat, 0 g trans fat), 1227 mg salt, 36 g carbohydrates (2 g fibre, 8 g sugars), 46 g protein



How to roast a turkey in six simple steps

- ❶ Preheat oven to 165°C. Remove giblet package and neck from turkey cavity.
- ❷ Brush oil over turkey and sprinkle with salt and pepper on outside and inside.
- ❸ Fold skin over opening and secure with toothpicks or poultry pins.
- ❹ Tie legs together with kitchen twine. Fold wing tips back and under turkey; secure with toothpicks or poultry pins, if necessary.
- ❺ Place turkey on a rack in a shallow pan, breast side up. Insert a meat thermometer into the thickest part of the thigh making sure the point of the thermometer does not touch any bones.
- ❻ Roast 2¾ to 3 hours for a 3.5–5.5kg turkey (3 to 3¾ hours for a 5.5–6.5kg bird, increasing time by 15 minutes for each additional half a kilo). If skin is browning too quickly, cover loosely with foil. Roast until turkey reaches 75°C in the breast, inner thigh and outer thigh. Let turkey rest 10 minutes before carving.

FROZEN ASSETS → It can take up to five days to fully thaw a frozen turkey. If you forget to thaw your turkey on time (or if you don't have the refrigerator space to host the big bird for days), don't fret. You can safely oven-roast a frozen turkey. Here's how:

- ❶ Remove packing and place frozen turkey in a shallow pan on a rack, breast side up.
- ❷ It takes 50 per cent longer to roast a frozen turkey. To figure the approximate roasting time, take the recommended cooking time for thawed turkey and add 50 per cent. For example, a turkey that will take five hours to roast if already thawed will take 7½ hours to roast if frozen.
- ❸ Halfway through cooking time, carefully remove the giblet package from the turkey cavity with tongs. Brush oil all over turkey and sprinkle with salt and pepper.
- ❹ Cook turkey until it reaches 75°C in the breast, outer thigh and inside thigh. Note: if you plan to grill, smoke or deep-fry a turkey, it should always be fully thawed first.

What's better? White or dark → The age-old question when carving a turkey: would you like white meat or dark? You often choose white because you know it's lower in calories and fat. But dark meat has its benefits, too. The colour difference comes from the type of muscle each cut contains. Dark meat, from the turkey legs and thighs, has higher levels of myoglobin, a compound needed to transport oxygen and help with muscle movement. White meat, on the other hand, comes from the less active parts of the bird, such as the breast and wings. Compared with white meat, dark turkey meat contains more iron, zinc, riboflavin, thiamine and vitamins B6 and B12. You'll save 45 calories and two grams of saturated fat per 85 grams by choosing white meat, but both types contain similar amounts of protein. Both cuts contain fewer calories and fat than red meat, so you can't go wrong dishing turkey onto your plate. This season, try a bit of both white and dark turkey meat and enjoy the different tastes. Use both white and dark meat — or whatever's leftover — when making these recipes.



Turkey Tex-Mex quesadilla

ingredients

- 2 cups chopped, cooked turkey
- ½ cup frozen corn kernels
- ½ cup chopped red onion
- 1 (115 gram) can diced green chillies
- ½ teaspoon ground cumin
- 8 (20cm) whole-grain or whole-wheat flour tortillas
- 1 avocado, peeled, pitted, and thinly sliced
- 2 cups shredded reduced-fat cheddar cheese
- 1 cup salsa

directions → In a large bowl, combine turkey, frozen corn, red onion, green chillies and cumin; toss until well combined. Place one tortilla in a large non-stick pan over medium-high heat. Layer ¼ of the avocado slices over tortilla. Spoon ¼ of the turkey mixture over avocado slices. Sprinkle ½ cup cheese over turkey mixture and top with another tortilla. Heat, pressing down gently on quesadilla with the back of a spatula to flatten. Cook until cheese is melted

and tortilla is lightly browned, about 2 minutes, then carefully turn quesadilla over and cook on other side for 2 minutes until second side is lightly browned. Remove quesadilla from pan and cut into four wedges. Repeat with remaining ingredients to make three more quesadillas. Serve wedges while warm with salsa. 🍌

From the avocado and corn to the whole grain tortillas, this dinner is packed with fibre-rich ingredients that will keep you feeling full for hours — one serving boasts 14 grams of fibre!

makes 4 servings → serving size: 1 quesadilla & ¼ cup salsa; total time: 15 minutes

nutrition per serving:

585 calories, 21 g total fat (8 g saturated fat, 0 g trans fat), 989 mg salt, 59 g carbohydrates (14 g fibre, 8 g sugars), 41 g protein

The pitfalls of the 'clean eating' label



DISCOVER THE POTENTIALLY DAMAGING MENTALITY BEHIND THIS POPULAR NEW BUZZ-WORD

BY JASON BARRETT

DO YOU SEE YOURSELF AS A CLEAN EATER? Maybe you've quit sugar, or you're gluten-free, or you've gone Paleo, and you keep your diet limited to a few key foods and food groups. Lean meats, unprocessed grains, legumes, vegetables and fruits. All good stuff, right?

They are. I'm definitely not saying these foods aren't amazing for you. They have high amounts of fibre, they have a lot of vitamins and minerals to make sure your

body runs the best it can and they're not very calorie-dense – you can eat a lot more of them and still lose fat. It's the identity and the title of being a 'clean eater' that is starting to become unhealthy.

I've gone through a lot of different dieting phases. I've done no carbs after 3pm, Ketogenic, calorie cycling, meal replacement shakes and magical pills. So I'm speaking from a little bit of experience when I say that they all have one key problem; they are all restrictive in some way.

WHAT IS CLEAN EATING EXACTLY?

Everyone defines it differently, so how do you define it? Is it only whole, unprocessed foods? No sugars, no dairy, no meat; everyone sees clean eating through a different filter. But clean eating is not just about the foods, but having a clean mindset toward food as well. That means not labelling or avoiding certain foods or food groups, simply understanding that they have a place in your diet and understanding what their role is.

“WHETHER A TREAT FOR YOU IS A BIT OF RAW PROTEIN CHEESECAKE, OR A NUTELLA DONUT MILKSHAKE, **ALLOW YOURSELF TO HAVE IT WITHOUT FEELING GUILTY AND WITHOUT BINGEING**”



It's the idea of the forbidden fruit (or in this case, the forbidden Nutella) that most often causes people to break an eating program. As soon as you tell yourself "I'm not allowed to have this!" I bet the first thing you crave is that food. Moderation beats restriction (restrictive diets... does that ring a bell?) when it comes to a diet that you can stick to long-term, even for

short-term results. That's what we want right? Results that last for a long time, not just for this summer at the beach! So flexibility is the goal of whatever program you choose to follow. Whether a treat for you is a bit of raw protein cheesecake, or a Nutella donut milkshake, allow yourself to have it without feeling guilty and without bingeing.

This is where I get a bit down to earth. I don't tell many people this about me but I've suffered from eating disorders in the past. I would be out with friends on a night; I might have that cheeky late-night kebab or cheeseburger, and then immediately feel guilty. So guilty in fact, that I would then excuse myself and make myself sick, because I did NOT want those extra calories. The sickest part was that I was proud

of this. I was proud of how committed I was to my 'health'. What I eventually understood that helped me stop what I was doing was something I heard on a podcast. A mentor of mine said "some people sacrifice, just to talk about how much they've sacrificed" and that hit me like a ton of bricks. Now through education, I have a completely different view on nutrition and food. You need to understand that

you're allowed to have a small amount of your calories from foods that aren't the healthiest. This doesn't mean you've fallen off the wagon so there is no need to feel that guilt.

TURN THE
PAGE FOR
MORE.



For anyone who has an eating disorder, either severe or mild, it is always recommended that you see a health professional. **With that being said, here are a few tips that helped me view my food in a different way:**

- If you're someone who eats a cheat meal (and maybe you feel guilty afterwards) realise you can have 20 per cent of that cheat meal every single day, rather than 100 per cent of it in one sitting, and still lose fat! Because when you look at it, it's still the same amount of calories, but you get to eat some of it every day rather than depriving yourself, and ultimately it's a lot more satisfying.
- Instead of seeing these foods as impacting your health or causing you to gain fat, think of them as fuel for your workout. You ate some cake, or a few slices of pizza? Awesome! Now you'll have amazing energy to hit new PBs and smash your workout because you have those extra calories!



YOU DESERVE THE BODY
OF YOUR DREAMS, YOU
DESERVE TO FEEL HAPPY
AND VIBRANT AND
ENERGETIC ALL DAY,
AND YOU DESERVE TO
GO OUT WITH FRIENDS
AND HAVE A MEAL,
WITHOUT TRACKING
EVERY SINGLE GRAM.

At the end of the day, food is protein, carbs and fat. Our body does not ingest a pizza and think "wait, this is junk food, store it as fat!" So as long as we have moderation with these foods, they aren't going to impact our fat gain.

You deserve the body of your dreams, you deserve to feel happy and vibrant and energetic all day, and you deserve to go out with friends and have a meal, without

tracking every single gram and stressing about your plan. I'll be honest; your mindset won't change overnight. It will take a few weeks or maybe months of telling yourself that it's okay to have a little bit of less-than-healthy foods now and again. I'm sure that as you allow yourself to enjoy these foods in guilt-free moderation – you'll crave them less and less. The sooner we start viewing food as

fuel, we stop having such emotional attachments to it, either positive or negative.

Now how does this tie back into the idea of being a clean eater being unhealthy?

You might have guessed it by now – the answer is restriction. Often when people take on that identity they tend to restrict themselves from any foods that aren't

seen as clean and they then feel guilty when they eat those foods. That's when we tend to binge, or feel awful about our choices. In reality, our choices do not decide who we are. We define that ourselves. So go ahead and find your own balance within your diet. Have that bit of cheesecake, have that meal with friends, and don't feel guilty about it, because you deserve it. ●

REFERENCE:

Scotland, S 2012, 'Moderation: an alternative to restraint as a mode of weight self-regulation', *Eating Behaviors*. 13, no. 4, December 2012, pp.406-409. Available from: ScienceDirect. [Dec 2012].

JASON BARRETT

Jason is a certified exercise nutritionist, neuro-linguistic programming master practitioner and peak performance coach. He also owned a supplement company, but got tired of people asking for the magical powders or pills to change their lives, so he decided to take a more hands-on approach with his clients by starting his nutrition coaching and education company Defined Nutrition. He now focuses on online, specific, tailored programs for females that help them get results, and keep them for life.

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hammer



Say, what? A recent study out of the University of Newfoundland revealed that the sled push is a better activator of the hamstrings than a squat!

your legs

Use this three-part plan to build strong and shapely hamstrings.

BY LARA McGLASHAN, MFA, CPT, FITNESS EDITOR | PHOTOGRAPHY BY CORY SORENSEN



Pre-exhaust

This technique involves tiring out a muscle using isolation moves before moving into your compound moves. Because compound leg moves use all the large muscles of the lower body, the hamstrings won't be the complete focus of the move. For instance, when doing a Romanian deadlift, the hamstrings get assistance from the lower back, but that assistance limits the amount of fatigue the hamstrings can then achieve. And because your lower-back (erector spinae) muscles are ultimately weaker than your hamstrings, those little guys peter out first, shortening the set and ultimately truncating the work of your hamstrings.

Using two pre-exhaust moves upfront will tire out your hams and bring them down to the level of the lower back, so to speak, so they both fail at the same rate. As an added bonus: you can use a lighter weight for your subsequent compound moves and achieve the same great results while sparing your joints and spine from strain.

Hammie anatomy

Your hamstrings contain three separate muscles (the biceps femoris, semi-tendinosus and semi-membranosus) that work together as a unit to bend your knees and extend your hips. They provide explosive power so you can jump, sprint, decelerate and absorb shock, all while stabilising your knees. Strong hamstrings can also promote good posture by stabilising your hips and aligning your spine.

What can you say about your hamstrings?

Probably not much. Hammies usually get overlooked in favour of the glam squad of glutes, calves and quads, but developing strength, shape and power in your hamstrings can mean improved performance as well as aesthetics (think: the elusive glute/ham tie-in!).

This muscle-building workout is a three-parter and includes a pre-exhaust portion, a straight-up strength section and a finisher. This format will keep you engaged mentally as you fry your hamstrings physically, and it will bring them up to par with the rest of your lower-body *tout de suite*.

The hammer-your-legs building plan

If you train legs twice a week, use this as your hamstring- and glute-focused session and dedicate the second workout to more quad-centric moves. You also can add a few quad-killing moves to this program, but do them at the end of the workout so your hamstrings enjoy the spotlight for a while.

Exercise	Sets	Reps
Lying leg curl*	4	12-15
Seated leg curl with a pause	4	12-15
Prowler push**	3	50-100 yards
Romanian deadlift	4***	6-8
Leg press	3***	6-8
Walking lunge****	1	50 each leg
Stability-ball hamstring curl	1	50

* Use a moderately heavy weight for the blue moves.

**Use a heavy weight for the purple moves.

***This does not include one to two building sets using lighter weight.

****Use bodyweight only for the yellow moves.

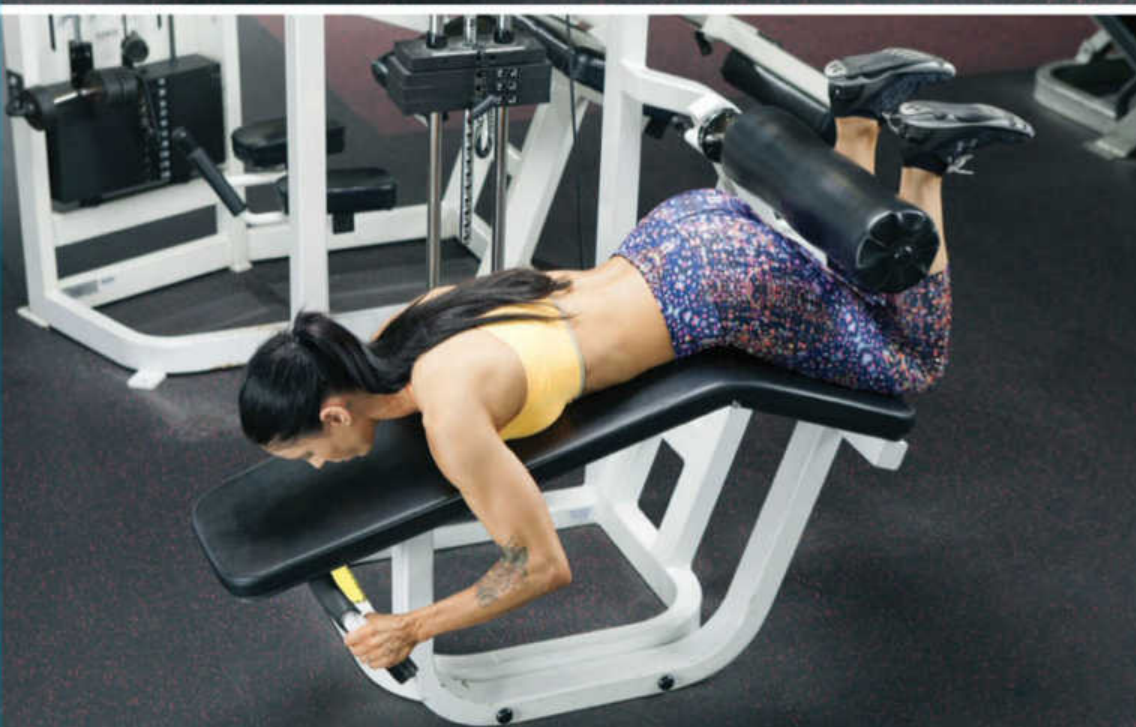


Lying Leg Curl

Set-up: Lie in the machine and secure your legs underneath the rollers. Grasp the handles on the machine for stability and flex your feet.

Move: Bend your knees and curl your heels smoothly toward your glutes, squeezing hard when you reach the top. Lower slowly almost to the start and repeat right away.

! Use two counts to raise the roller and two counts to lower.



“Developing strength, shape and power in your hamstrings can mean improved performance.”

Seated Leg Curl With a Pause

Set-up: Sit in the machine and adjust the roller so it hits at your ankles. Hold the seat on either side of your hips for stability. Your feet should be flexed.

Move: Bend your knees and curl the machine arm down and underneath you toward your glutes. When you reach peak contraction, hold for three counts, then slowly return to the start and repeat right away.





Straight-up strength

It's no secret that in order to build muscle, you have to lift heavy. If you're not used to doing heavy work, then start slowly and work your way up in weight from week to week. Keep track of the weight you use, and try to better your previous week by about 10 per cent each time you do the lift.

For these moves, perform one or two building sets to work up to your heavy weight, then do three or four working sets using that weight for your workout. Because you'll be pushing your limits, drop your reps accordingly. If people already call you Xena, then go for six reps, max; but if you're a Warrior Princess in training, then go for eight reps.



Romanian Deadlift

Set-up: Stand with your feet shoulder-width apart, knees slightly bent, and hold a barbell in front of your thighs with an overhand grip. Your back should be straight, your shoulders down and back.

Move: Push your glutes back and bend forward from your hips while maintaining the arch in your back as you lower the bar down along the front of your legs until it comes to about midshin. Extend your hips and slide the bar back up along your legs to return to the start.

! Unlike a stiff-legged deadlift, this version works more of the hamstrings and glutes while minimising the activation of the lower-back muscles. Your knees should be semi-bent for the entirety of the move.



Leg Press

Set-up: Sit in the machine and place your feet a little higher on the platform, about shoulder-width apart with your toes turned out slightly. Your back should be flat against the seat, hips secure.

Move: Unhook the stops and slowly lower the cart by bending your knees, tracking them over your toes as you lower until your legs make a 90-degree angle. Press through your heels and forcefully push the cart away from you until you reach a complete extension without locking out your knees.



Prowler Push

Set-up: Set the Prowler sled at one end of a long, open area with a smooth surface. Load the Prowler with your weight and stand behind it. Take a high grip on the posts with your arms straight and lean forward into the machine with your back straight.

Move: Maintaining good posture, take short strides forward, pushing the sled in front of you, driving your knees forward and staying low. Push the sled as far as you can, or until you reach the end of the area, then turn around and return to the start to complete one cycle.

! This is not a sprint; the weight should be heavy and you should move purposefully and evenly.





Finishers

Also known as “burnouts,” these last few moves are intended to completely exhaust your muscles. The reps are high, the weight is low and your mental strength is put to the test.

Each move only has a single set, so plan on how you’re going to break up the reps to give yourself a break as the lactic acid builds and burns. Shoot for clusters of 15 to 20 reps to start, then drop accordingly as you begin to falter. When you break, only take a few seconds, then get right back to it. Remember: the idea is to burn your hamstrings out completely — no slacking!



Walking Lunge

Set-up: Stand with your feet together, arms at your sides or hands on your hips.

Move: Take a large step forward and bend both knees to lower straight toward the floor. When your back knee almost touches down, extend your legs and push off your rear foot to take a step forward. Continue, alternating legs.

Stability-Ball Hamstring Curl

Set-up: Lie with your heels on top of a stability ball, feet flexed, arms along your sides. Lift your hips up in a bridge so your head, hips and heels are aligned.

Move: Keeping your hips lifted, bend your knees and press your heels into the ball, pulling it in toward your glutes. Roll the ball back to the start to complete one repetition.

! Your hips should stay raised throughout this move.



The Best Hamstring Stretch

Relieve next-day soreness while increasing the range of motion in your hips and alleviate lower-back pain associated with tight hamstrings by stretching your hammies postworkout.



Mix it up!
Turn your leg slightly inward or outward as you pull it toward you to hit different muscle angles.

Tight and inflexible?
Bend your opposite knee to allow for more range of motion.

Set-up: Loop a length of rope (or jump rope or resistance band) around the sole of one shoe and hold an end of the rope in each hand. Lie back along the floor, face-up, with your legs extended, feet flexed, pelvis neutral.

Move: Keeping your leg straight, pull it up toward your head using the rope, pausing for two breaths at the top of your range of motion. Slowly lower back to the start, rest for a beat, then repeat. With each rep, try to pull it a little closer toward your head. Do 10 slow reps on each leg. **o**



eat

SMARTER TO FEEL GREAT

Chronic inflammation can wreak havoc on your body. But with the right foods, you can minimise its effects and feel better in days.

BY KAREN ASP

Combat chronic inflammation — redness, swelling and irritation — with the right foods.

It's not even your time of the month, but you still feel bloated. You're also struggling during your workouts, unable to summon up enough energy to give it your best effort. If this sounds familiar, you could be dealing with chronic inflammation.

Short-term inflammation isn't a bad thing. In fact, it's your body's natural method of dealing with traumas such as mosquito bites and sore muscles from strenuous exercise. The inflammatory response increases blood flow to the affected area and promotes healing. Chronic inflammation, on the other hand, affects your body over long periods and often goes unnoticed until it becomes a serious concern.

"Silent inflammation is a major factor in the development of virtually every major chronic degenerative disease, including cardiovascular disease, allergies, Type 2 diabetes, cancer and Alzheimer's," says Michael T. Murray, N.D., a natural medicine expert, and author of *The Encyclopedia of Natural Medicine* (Atria, 2012). It all adds up to one overriding theme: "Inflammation is one of the main causes of accelerated ageing," says Steven Masley, M.D., and author of *The 30-Day Heart Tune-Up* (Centre Street, 2014).

The Ins and Outs of Inflammation

When you're suffering from chronic inflammation, your body produces compounds that trigger your immune system to respond, leading to redness, swelling and irritation, says Natasha Turner, N.D., a naturopathic doctor and author of *The Supercharged Hormone Diet* (Rodale, 2013). As a result, the insides of your arteries can swell, your joints might be stiff or painful, you might feel more depressed and anxious, and because this response is so taxing on the immune system, you'll likely feel fatigued. You also may experience symptoms like gas, bloating, indigestion and an increase in belly fat, Turner says.

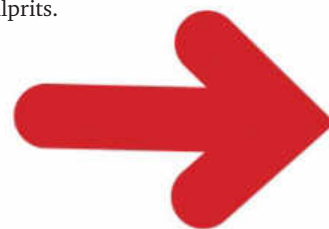
And although chronic inflammation tends to lurk below the surface, it also can affect your skin, making it more vulnerable to wrinkles, sagging and damage from the sun, according to John La Puma, M.D., an internist and co-founder of the *ChefMD* video series.

The only way to know for sure whether you're inflamed, however, is through a blood test to check for markers such as a compound called C-reactive protein, a blood protein that rises in response to inflammation. If you're concerned, ask your doctor about getting tested.

Food Matters

Several factors can cause chronic inflammation, including obesity, stress, toxins, free radicals, smoking and chronic infections, but Murray emphasises that "diet is a major contributor." High-glycemic meals that cause a spike in blood sugar levels — instant oatmeal, a slice of watermelon and a glass of orange juice, for example — have been shown to increase the markers for inflammation. In one study of more than 200 healthy women, glycemic load showed a strong association with higher levels of C-reactive protein.

The key to keeping chronic inflammation at bay lies not just in eating anti-inflammatory foods but also avoiding the foods that may trigger inflammation. You probably already know that trans fat and sugar can wreak havoc on your body, but there are some other less obvious culprits.



WHEAT FLOUR

“If a grain, even whole wheat, has been processed into flour, it has the same effect on blood sugar as table sugar,” Masley says. Because the flour particles are so fine, they’re absorbed into your blood as quickly as sugar molecules. Whole-grain wheat flour is still better than white flour, so if you’re not worried about inflammation, you can enjoy whole-grain products in moderation.

Swap it out!

Try whole-grain oat flour instead. Want bread? Choose pumpernickel, which contains actual pieces of grain.

LEAN MEAT AND POULTRY

Fatty meat is a well-known cause of inflammation, but even lean protein can contain inflammatory fats, thanks to hormones and pesticides in the animals, Masley says.

Swap it out!

Choose grass-fed beef and free-range, organic poultry.

“The key to keeping inflammation at bay is avoiding trigger foods.”



VEGETABLE OIL (SOY, CORN, SUNFLOWER, SAFFLOWER)

At high temperatures, these oils produce the same trans fat found in margarine and vegetable shortening. “Although healthy fats from liquid oils have an anti-inflammatory effect on the body, these oils are highly inflammatory when used in cooking,” La Puma says.

Swap it out!

Use olive, nut, avocado or grape-seed oils.

MILK

“Hormone-treated cows are often more prone to infection, and the antibiotics used to treat them wind up in your milk, throwing off the bacterial balance in your digestive tract, which contributes to inflammation,” Turner says.

Swap it out!

Switch to oat, soy or almond milk.



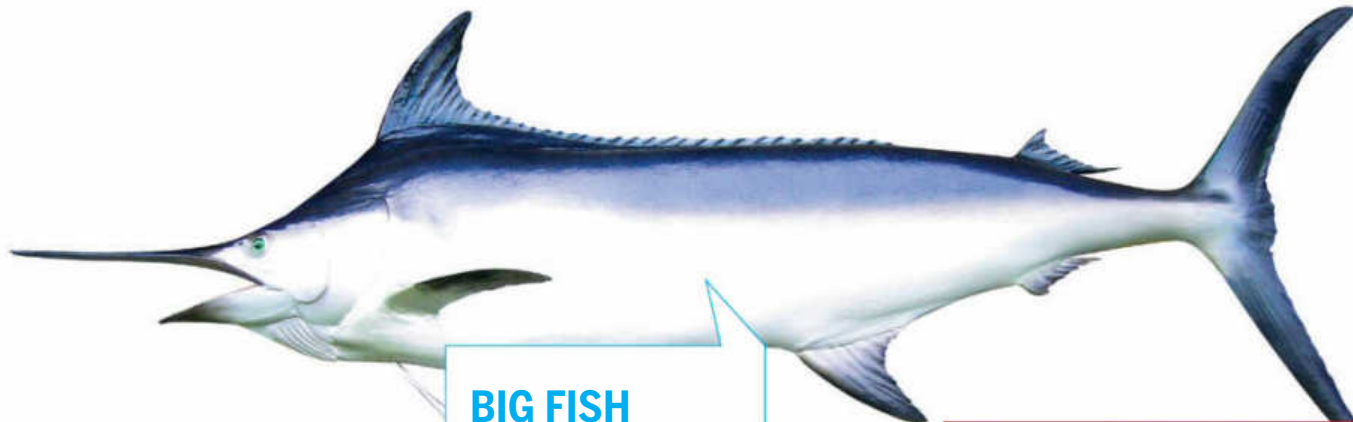
DAIRY-BASED YOGHURT

Yoghurt is usually touted as a health food, but many yoghurts are loaded with extra sugar or corn syrup, which can boost insulin levels, and FDA-approved dyes that contain chemicals, La Puma says. Plus, lactose, a naturally occurring sugar in dairy, and casein, a protein in dairy, can cause inflammation in some people.

Swap it out!

Switch to coconut-based yoghurt.





PEANUT BUTTER

This sandwich spread contains a dirty secret: aflatoxin, a substance produced by mould on peanuts. That mould, plus the fact that peanuts are one of the most common food allergens, can cause inflammation, Turner says.

Swap it out!

Choose organic peanut butter. Better yet, go with almond butter.



BIG FISH

Mercury, which you ingest by eating certain predatory fish higher up in the food chain, causes inflammation, especially in the brain, where it can affect memory, Masley says. Fish with the highest mercury levels include king mackerel, marlin, shark, swordfish and tilefish.

Swap it out!

Atlantic herring, mussels, oysters, water-packed sardines, wild Atlantic salmon, farmed and wild rainbow trout, and whitefish are low in mercury and high in healthy omega-3 fatty acids. If you're eating Chilean sea bass, bluefish, grouper, Maine lobster, tuna or farmed Atlantic salmon, limit your intake to two to three servings a month. ●

OTHER ANTI-INFLAMMATORY FOODS INCLUDE

cold-water fish • chia seeds • garlic • nuts • green tea • red wine • herbs and spices like curry, ginger, cinnamon, turmeric and rosemary.

Your Anti-Inflammatory Diet

Now that you know what foods may cause inflammation, here are some food choices that actually help fight inflammation. An anti-inflammatory diet is especially important for avid exercisers because hard workouts produce pro-oxidants, compounds that can damage cells, says Michael T. Murray, N.D. Look for a rainbow of colourful fruits and vegetables, which are loaded with inflammation-fighting pigments. Here are a few top choices.

● Beets

The crimson colour of these delicious root veggies comes from a compound called betaine, a powerful antioxidant and anti-inflammatory. Beets also contain folate, a vitamin that repairs DNA and boosts those red blood cells you need for endurance in your workouts.

● Brussels Sprouts

These crunchy little balls of joy are an excellent source of vitamin K, which helps regulate chronic inflammation, as well as glucosinolates, which the body can convert to anti-inflammatory compounds.

● Pumpkin

The pumpkin's skin and its orange or yellow flesh contain anti-inflammatory carotenoids such as lutein, beta-carotene and zeaxanthin, which have been shown to combat ageing among women.

FINDING CONFIDENCE IN FITNESS

ONCE TOO SHY TO APPEAR ON SOCIAL MEDIA BECAUSE OF HER WEIGHT, SAMANTHA NOW IS PROUD TO SHARE HER JOURNEY AND IS INSPIRING OTHERS ALONG THE WAY.

BY KIRSTIN CUTHBERT

FAST FACTS

Name: Samantha Imbriano

City: Brisbane, QLD

Occupation: Retail buyer

Age: 29

Height: 155cm

Weight: 55kg

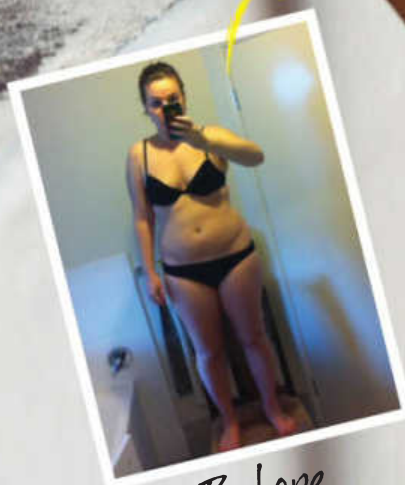
After

AS SATURDAY NIGHT APPROACHED, SAMANTHA FELT IT WAS SUCH AN ORDEAL TO HEAD OUT WITH HER FRIENDS. SHE'D CONTEMPLATE WHAT SHE COULD WEAR THAT WOULD HIDE HER BODY AND WORRIED HOW MANY PHOTOS SHE'D HAVE TO UNTAG HERSELF FROM ON SOCIAL MEDIA. SAMANTHA HATED THE WAY SHE LOOKED.

With poor self-esteem, Samantha just wanted to enjoy the feeling of confidence that her 'smaller' friends seemed to have. She was envious of how comfortable they were with themselves and described herself as someone who was unfit, exercised rarely and ate 'terribly'.

"It wouldn't be out of the ordinary for me to have a large serve of chips for lunch and then takeaway for dinner – not only was I eating a lot of bad food but not a lot of what I did eat provided much nutritional benefit," she says.

Eventually, Samantha reached a point where she was so unhappy with how she looked and felt that something had to give. After reaching 75kg (with only a 5'1" (155cm) frame) she decided to make a change. Initially starting out with a goal of losing weight and being comfortable in her clothing, Samantha would go on to find confidence in herself and become an inspiration to so many others.



Before

SAMI'S DIET

//Breakfast: A big bowl of oats and berries and a long black with sugar-free caramel syrup

//Snack: Fruit, Chobani yoghurt and nuts

//Lunch: Chicken, green beans, brown rice and avocado or occasionally brown rice sushi or Grill'd

//Snack: Rice cakes with peanut butter or a quest bar

//Dinner: Lean red meat (usually kangaroo) with lots of greens

"This is the basic plan I use however I follow the IIFYM/flexible dieting approach. I have the flexibility to switch around my meals to hit my macro targets and can incorporate any foods I'd like to switch up. I use this approach in both off-season and while I'm prepping for a comp."

But before she could do this, Samantha had to start where everybody does – at the beginning.

"I was SO unfit and didn't know my way around the gym," laughs Samantha, looking back on her first trip to the gym nearly five years ago.

"I used super light weights, thought cardio was the answer and struggled through everything I did," she says.

Although she admits to having 'hated' training for a long time, she eventually joined a boot camp and started to enjoy working out.

"Not only could I watch myself become fitter over time, but the social aspect really made me excited to get out of bed and get to training!" she says.

As Samantha began to transform her body, she became stronger, fitter and faster. She felt less lethargic and became a much happier version of herself. No longer timid in the gym; she now lifts heavy and even keeps up with the boys.

This year Samantha entered her first fitness competition and placed in the top five in two categories. Her lifestyle changes have allowed her to transform her body and mind and she has discovered the importance of self-belief.

"I'm like a whole new person! I've got a new-found confidence that I had never felt before," she says.

"I couldn't be prouder of how far I have come! I'm proud of my body and what I've achieved. I have learned how important it is to really be happy within yourself!"

After undergoing her own transformation Samantha discovered a passion for fitness and completed her personal training course. She now shares her journey with others and helps to inspire them to lead a more active and healthy life.

Believing that everybody is different, and there is no "one size fits all" approach to fitness or weight-loss, Samantha wants other women to understand how important it is to listen to your own body and not just use a cookie-cutter plan.

"Do what works for YOU, don't just follow a diet or fad or copy what your favourite fitness model eats," she says.

"Not only could I watch myself become fitter over time, but the social aspect really made me excited to get out of bed and get to training!"



Samantha also advises women who are looking to make changes in their life that the best time to start is right now.

"I spent so much time telling myself I'd start my diet again tomorrow, or Monday or next week. And I would slack off from exercise thinking there was just too much work ahead of me to even know where to start," she says.

"But those first few steps are the hardest, once you've built some good habits and start to enjoy the changes you've made, that's when the magic happens and the results soon follow!"

Samantha has her goals set on the IFBB QLD and Arnold Classic Melbourne in March next year. She'd also love to do a diploma in nutrition/dietetics, as she aims to set up her own business and help others transform their whole lifestyle. Most importantly, Samantha has discovered her inner confidence and no longer dreads dressing up for a night out with her friends! Instead she is proud of how she turned her health around and now hopes to inspire other to do the same.

"I want to use my experiences to show others that any goal is achievable and I want to help them reach those goals!" ●

To see more of Sami's journey
and for more inspiration

follow her on Instagram
@sami_rose_

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Drina Jackanic

MELBOURNE, VIC

AGE: 35

WEIGHT: 54KG

HEIGHT: 175CM

MAIN OCCUPATION:

PERSONAL TRAINER

WORKOUT INSPIRATION? I started to work out consistently in my late 20s. Significant life changes took place for me during that time and training was my therapy. I decided to study as a fitness instructor when I noticed that other people were encouraged by my dedication, it was a serendipitous awakening.

FAVOURITE CHEAT FOOD? I love Croatian food, especially Burek and Pita, both the savoury and sweet kinds. I indulge during family gatherings and when I visit Croatia, usually every June – July.

FAVOURITE NON-CHEAT FOOD? I love greens, especially broccoli, snow peas and beans – either raw in salads or steamed as a side. I also love snacking on edamame beans. I cook most evenings and often prepare fish most days. I usually bake my fish (tuna, salmon or trout) with fresh herbs like ginger, lemongrass, oregano and hot chilli or I'll marinate pieces in lemon juice or miso paste.

FITNESS TIP? Break it down into a pace or block (time or reps) of work that you can manage. Never worry about what the other person is doing, fitness is about your personal best. Have fun, challenge yourself but listen to your body and allow time for recovery.



Jillian Klevyer

ALBERTA, CAN

AGE: 28

WEIGHT: 63KG

HEIGHT: 175CM

MAIN OCCUPATION:

GROUP FITNESS INSTRUCTOR

WORKOUT INSPIRATION? I started working out when I was 19. My husband encouraged me to attend a gym with him; I reluctantly signed up and have been hooked ever since.

ROLE MODELS? I am surrounded by my role models daily. I am employed at a gym with the most amazing members. They don't just inspire me physically but also inspire me as a mother, wife and friend.

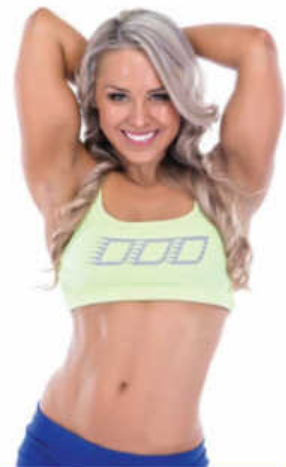
FAVOURITE CHEAT FOOD? Cake with cream cheese icing. I will indulge once a week!

FAVOURITE NON-CHEAT FOOD? Greek yoghurt and blueberries.

WORK OUT PLAN? I do muscular training four times a week, with split days for back/biceps, shoulders/chest, triceps/hamstrings and glutes/abs. Then I always mix it up with a couple of aerobic and indoor cycling classes weekly.

HOW DO YOU FIND BALANCE? I make fitness a part of my life; just like brushing my teeth, it just has to go down.

TRAIN ALONE OR WITH A BUDDY? I love to train with a buddy. It motivates me. It pushes me to keep up with them and holds me accountable. I enjoy the fact that I can workout and get some socialising in.



Kirsty Botfield

SYDNEY, NSW

AGE: 30

WEIGHT: 59KG

HEIGHT: 157CM

MAIN OCCUPATION:

DANCE INSTRUCTOR

WORKOUT INSPIRATION? I joined a gym at 16. Fitness models, sprinters and female pro-wrestlers' physiques inspired me. When I began professional wrestling I started lifting heavier so I could be stronger when versing my opponents and to look like the women I idolised.

ROLE MODELS? Jen Jewell. She always presents herself in a very classy, polite, positive, bubbly and beautiful way. She has great morals and doesn't need to post revealing images of herself. She is a professional in every aspect. And, I find her body to be SO impressive and feminine – total inspiration!

CARDIO OR WEIGHTS? Definitely a weights girl! I love the way it feels to lift weights and the way I feel after a weight session. I look forward to weight training and very much enjoy doing it. I like the way it makes my body look too!

TRAINING BUDDY? I prefer training alone, because I like to be completely focused on my workout and have some 'me' time, but I do love it when my fiancé joins me at the gym when he can!

BEST FITNESS TIP? I didn't start seeing results until I took on a coach to teach me about getting the most out of my nutrition and time in the gym. It was the best investment!



Lauren Wilson

SYDNEY, NSW

AGE: 24

WEIGHT: 55KG

HEIGHT: 168CM

MAIN OCCUPATION:
MOTHER

WORKOUT INSPIRATION? I'm just your average girl who lives and breathes health and fitness. After completing four years in the navy, I fell pregnant and took maternity leave on discharge to focus on being a mum. After having Sommer, I decided I wanted to help other mums to achieve their goals. I learnt first-hand how hard it was to balance life with a new-born and the dream of getting our bodies back. I got qualified and started my personal training business Baby Bounce Back Fitness. This has been a dream come true, I have helped and inspired so many mothers.

ROLE MODEL? My brother Scott Wilson. He always challenges me when we're training together.

FAVOURITE TYPE OF CARDIO?
Running with the pram.

BEST FITNESS TIP? Make small changes daily. Always remember why you started, and train when you can.

FAVOURITE QUOTE? "It's not about having time, it's about making time."

HOW DO YOU RELAX? I enjoy time with friends and family.

ADVICE FOR GYM NEWBIES? Don't let anyone intimidate you, we all have starting points.

SUPPORT TEAM? My partner Jeremy.



Renee Siljeg

PERTH, WA

AGE: 33

WEIGHT: 50KG

HEIGHT: 160CM

MAIN OCCUPATION:
PILATES INSTRUCTOR

WORKOUT INSPIRATION? I was introduced to the gym and working out through my husband Nick, who has trained in Tae Kwon Do for 20 years. It was always such a big part of his lifestyle and dating at 19 years of age, we were (and are still to this day) inseparable. Inevitably, it rubbed off on me! I am so thankful to my husband for countless reasons, and one is helping to put me on my fitness journey.

FAVOURITE CHEAT FOOD? Chocolate, in all its glorious forms! I allow myself to indulge every day... but just a little bit! Rather than waiting for a cheat 'day' I make sure 80 per cent of my diet is clean and the rest... well, you can imagine!

FAVOURITE NON-CHEAT FOOD?
Hummus, I eat it every day! There are a million different recipes and it's a great source of protein, healthy fats and fibre. It's guilt-free deliciousness!

HOW DO YOU FIND BALANCE?
Evaluate what is most important to you and do not compromise on those things. Have a hierarchy to your scheduling and stick to what's on top unquestionably. Things can slip now and then so it's important to be forgiving with yourself – pick yourself back up and start again if need be.



Lisa Uyen

PERTH, WA

AGE: 27

WEIGHT: 60KG

HEIGHT: 170CM

MAIN OCCUPATION:
HAIRDRESSER

WORKOUT INSPIRATION? I've always exercised and done lots of cardio, but I seriously started following programs three years ago. Michelle Bridges inspired me; I did three of her programs before my wedding in May 2014. I started serious weight training just after coming back from my honeymoon, and this has been where I've seen the greatest transformation in my body.

ROLE MODEL? My personal trainer Kellie Socratous. Kellie is married, has two kids (with another one on the way) and runs her own successful PT business from home. She has taught me so much regarding training and diet, it has changed my life. I've embraced flexible dieting, don't cut any food groups out of my diet and absolutely love weight training. She encourages all her clients to challenge themselves, set goals and achieve things they never thought they could.

BEST FITNESS TIP? Everyone is on their own journey; don't compare yourself to anyone else. Look for inspiration, set goals and concentrate on being the best version of you. You're the only person that can make it happen!

HOW DO YOU FIND BALANCE? I am very fortunate to run my own business from home so I can schedule time to do my workouts, food shopping etc. within my days quite easily. I always try to do my training in the morning so the evenings are free to spend time with my husband.

Spotlight

CHECK OUT THESE AMAZING GIRLS WHO STEPPED ON TO THE STAGE RECENTLY TO COMPETE!

If you'd like the chance to be featured in this spread, send in your high-res image and competition details to editorial@oxygenmag.com.au



Rebecca Fabbo

Event: ANB Canberra State Muscle & Model Throwdown
Location: Canberra, ACT
Date: September 2015
Categories and places: 2nd in Fitness Model Novice, 2nd in Fitness Model 30+ and Best Overall Themewear



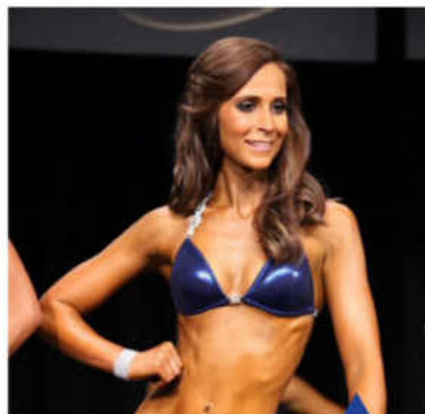
Rachael Eason

Event: INBA Victorian Championships
Location: Moonee Ponds, VIC
Date: September 2015
Categories and places: 1st in Angels and 3rd in Fitness Mumma



Courtney Froude

Event: INBA Tasmanian State Championships
Location: Launceston, TAS
Date: September 2015
Categories and places: 4th in Bikini First Timers, 3rd in Bikini Open and Overall and she won the Most Elegant Award



Holly Greer

Event: INBA Brisbane Classic
Location: Brisbane, QLD
Date: May 2015
Categories and places: 5th in Bikini 21 and Under and a call out for Bikini Novice



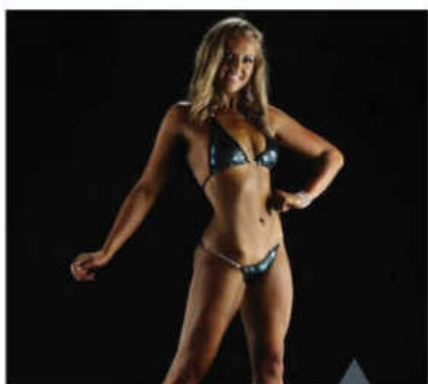
Rebecca Wigglesworth

Event: INBA Southern Cross Championships
Location: Melbourne, VIC
Date: April 2015
Categories and places: 1st in Bikini 30+ and 4th in INBA Angels



Amber Batson

Event: INBA Tropix 2015 Season B
Location: Townsville, QLD
Date: September 2015
Categories and places: 2nd in Bikini Open



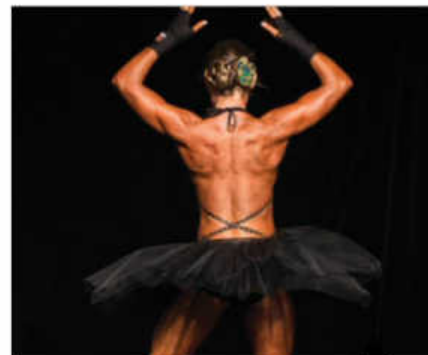
Kimberlee Daly

Event: INBA Sydney Superbodies
Location: Sydney, NSW
Date: May 2015
Categories: Bikini Novice and Bikini Open.



Emily Crawford

Event: INBA All Female Classic
Location: Moonee Valley, VIC
Date: June 2015
Categories and places: 3rd in Bikini First Timers and 4th in Bikini Novice



Ali Stringer

Event: Phil Primmer Classic Northern Territory NABBA/WFF
Location: Darwin, NT
Date: May 2015
Categories and places: 1st in WFF Athletic Figure



Jessica Dickson

Event: Brisbane Classic INBA titles
Location: Brisbane, QLD
Date: May 2015
Categories and places: 1st in Bikini Novice and 4th in Bikini Open



Chelsea Peers

Event: Queensland INBA
Location: Brisbane, QLD
Date: May 2015
Categories and places: 3rd in Bikini Novice



Steph Creek

Event: ANB South Australia
Location: Adelaide, SA
Date: September 2015
Categories and places: 2nd in Bikini Novice and 2nd in Bikini Under 30

“Rise up
and be the
best you can
be because
your world
is waiting for
you.”



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